

Choosing Your Three 1-Year Goals

Setting goals for the year will help you to live a life of purpose, provide you with challenges, and make you feel fulfilled.

Instructions:

1. Determine your 5 personal values (see below for examples).
2. Declare your mission statement for your life. It should be 50 words or less that describes your identity, vision for your life, and your purpose. It should include:
 - a. What you like to do aka your skills.
 - b. What makes you, you aka your personal traits.
 - c. What you care about the most aka your values.
3. Describe where you see yourself in one year. Write it out in story form. Describe your life in detail from how much money you have in the bank, to what your day looks like, with as many details as you can envision.
4. What three areas of your life do you want to focus your time and energy on and see the biggest change?
Choose from: Career, Financial, Spiritual, Physical, Intellectual, Family, Social
5. Declare your three goals for the year. Each goal should align with your values and mission. Each goal should challenge you. Each goal should be positive, not a negative such as "Stop ...". Each goal should take 1-2 hours per week to accomplish, meaning 52-104 hours total per goal.
6. Write these goals down on a piece of paper and post them where you can see them daily.
7. Choose a method to track your goals. Your paper planner, a notebook, an app, a goal book, anything you choose that will make you want to use it.
8. Plan 1 hour each week (preferably on Fri, Sat or Sun to reflect on the past week and plan your week ahead.
9. If you need help, find an accountability partner or join the Doers Shakers Makers Network!
10. Decide that today will be the day that you take action and begin.

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Personal Values examples:

Authenticity	Creativity	Justice	Religion
Achievement	Curiosity	Kindness	Reputation
Adventure	Determination	Knowledge	Respect
Authority	Fairness	Leadership	Responsibility
Autonomy	Faith	Learning	Security
Balance	Fame	Love	Self-Respect
Beauty	Friendships	Loyalty	Service
Boldness	Fun	Meaningful Work	Spirituality
Compassion	Growth	Openness	Stability
Challenge	Happiness	Optimism	Success
Citizenship	Honesty	Peace	Status
Community	Humor	Pleasure	Trustworthiness
Competency	Influence	Popularity	Wealth
Contribution	Inner Harmony	Recognition	Wisdom

Mission Statement examples:

"To be a teacher. And to be known for inspiring my students to be more than they thought they could be." — Oprah Winfrey

"To have fun in [my] journey through life and learn from [my] mistakes." — Sir Richard Branson, founder of the Virgin Group

"To use my gifts of intelligence, charisma, and serial optimism to cultivate the self-worth and net-worth of women around the world." — Amanda Steinberg, founder of DailyWorth



My Values:

1. _____
2. _____
3. _____
4. _____
5. _____

My Mission Statement:

Where I see myself in a year:

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The areas of my life where I want to see the most change this year:

1. _____
2. _____
3. _____

My three 1-Year goals

1. _____
2. _____
3. _____

How will I track my goals:

What day will I plan my week and reflect on the week before?

My declaration to commit to myself:

I, _____ commit to declaring my goals, taking action, showing up, and making my 3 goals a priority this year.

Signature _____ *Date* _____