



Goals 2018 for <Insert Name>

THEME: Learn (New Skills) <choose your theme for 2018>

<The theme describes your year in 1 or 2 words. What's your focus this year? Example of a THEME:

Adventure, Create, Learn (New Skills), Travel, Network, Career, Study, etc)

Imagine what your 2018 will be about? Give it a name.>

Job / University / Business (set your professional goals, you should think of 10+ goals)	Health / Relationships (friends, partners, health, exercise)	Adventures & Fun (do something fun this year, travel, learn to paint, etc....)	Impact (How can you make a difference this year?)
<ul style="list-style-type: none"> ● <i>Example: Learn how to create a website</i> ● <i>Ex: Look for a new job</i> ● ● 	<ul style="list-style-type: none"> ● <i>Example: Run 5km a day (use C25K app)</i> ● <i>Eat more green vegetables</i> ● 	<ul style="list-style-type: none"> ● <i>Example: Honeymoon (Cuba, Tahiti)</i> ● <i>Do skydiving</i> ● 	<ul style="list-style-type: none"> ● <i>Donate a portion to Charity (find a specific one)</i> ● Volunteer



Goals 2018 for <insert name>

Q1 January - March (quarterly goals)

Business Goals	How	Due Date	Who	Status
<i>Podcast name?</i>	<i>Learn how to podcast. Find information online. Look for mentors.</i>	<i>January</i>	<i>Milena</i>	<i>Completed</i>
<i>Topics to talk about?</i>		Jan/feb	Milena	Started/ Pending



Goals 2018 for <insert name>

Q2 April - June

Business Goals	How	Due Date	Who	Status



Goals 2018 for <insert name>

Q3 July - September

Business Goals	How	Due Date	Who	Status



Goals 2018 for <insert name>

Q4 October - December

Business Goals	How	Due Date	Who	Status



Highlights for 2018

THEME: Learn (New Skills)

How do you want to remember your 2018? What are your top goals for 2018?

Business	Health/ Relationships	Adventures & Fun	Impact
<ul style="list-style-type: none">Podcast is live	<ul style="list-style-type: none">Go on regular walks	<ul style="list-style-type: none">Honeymoons (Vanuatu, Tahiti)	<ul style="list-style-type: none">Donate a portion to Charity (find a specific one)Volunteer