

2025 GOALS

personal goals

1. _____
2. _____
3. _____

relationship goals

1. _____
2. _____
3. _____

family goals

1. _____
2. _____
3. _____

career

1. _____
2. _____
3. _____

1. _____
2. _____
3. _____

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2025 GOAL PLANNING *brainstorming worksheet*

RELATIONSHIP GOALS:

Use the space below to brainstorm what your ideal relationship looks like. Spend time reflecting on your relationship's strengths and weaknesses!

TRAVEL GOALS:

Use the space below to brainstorm some places you'd like to travel or visit this year. This can be a dream vaca, or even a fun local spot!

CAREER GOALS:

Use the space below to brainstorm what you'd like your work life to look like over the next year. This can be income-related, a new job title or starting a business!

FAMILY/LIFE GOALS:

Use the space below to brainstorm how you can pour into your family (both immediate and extended) this year.

HEALTH GOALS:

Use the space below to brainstorm how you can practice self-care through your physical and mental health this year.

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