

2019 intentions

MY GOALS FOR THIS YEAR (PERSONAL & PROFESSIONAL)

1

2

3

MY REASON(S) FOR SETTING THESE GOALS

goal 1

goal 2

goal 3

ACTIONS I WILL TAKE TO ACHIEVE THESE GOALS

goal 1

goal 2

goal 3

HOW I WILL MEASURE THE SUCCESS OF THESE GOALS

goal 1

goal 2

goal 3

FIRST CHECK IN DATE TO SEE HOW I'M DOING ON MY GOALS

*don't forget to add it to your calendar!