



PLANNING FOR A SUCCESSFUL 2022

Your Goal Setting Workbook

YOUR GOAL SETTING WORKBOOK

Focus on getting ready for the New Year and START FRESH in 2022. Use this workbook to start off on the right foot and set your goals for 2022,

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Planning For a Successful 2022

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INTRO

This year is going to be different right?

No matter how many times we have said it, when January 1st comes around we say it again!

It is time to stop saying it and start making it a reality. This workbook will help ensure you have your greatest year ever.

Don't worry if you are reading this in the middle of the year. That doesn't matter. You can work through this book at any point of the year, and you will still ensure the next 365 days are some of your best.

Are you ready to finally have a "different year"? If so, read on...

REVIEW

The first step to your greatest year ever is to reflect back on the past year.

What worked? What didn't? Anything you are proud of? Any regrets? This type of reflection will help you plan the next year strategically.

Fill out the tables on the following pages, but make sure you take some significant time to think and reflect on them

Your Successes the Past Year	What You Learned

Your Failures the Past Year	What You Learned

What is the single thing you are most proud of from the past year:

What is the single thing you most regret of from the past year:

Make sure you take this step very seriously. It will take some time to really think about the past year, but it will be worth it.

You will certainly learn some things about who you are, and what you are capable of. You might learn as much from your failures as you do your successes. You can double down on what worked and try to avoid what didn't.

PREVIEW

If you don't have a general idea what your greatest year looks like, how can you plan for it?

This next exercise is simple, but it is as powerful as it is straight-forward. You simply take some time to write down what you would like your next year to look like.

We will leave a few blank pages, so be as specific as possible. What do you want to do, accomplish or experience this year? What things would make this year better than last? What would make it *your greatest year ever*.



DESCRIBE YOUR IDEAL YEAR



DESCRIBE YOUR IDEAL YEAR



DESCRIBE YOUR IDEAL YEAR

PREPARE

Now that you have an idea of what your greatest year ever would look like, it is time to prepare. This section could also be titled “take stock”.

Basically, using your ideal year as inspiration, think about what you might need (or already have) to make the next year your best ever.

Do you need to upgrade your skills? Will you need cold hard cash? Is there anyone who can help you? These are the type of questions you will be answering on the following pages.

Skills or Training That You Might Need to Update:

-
-
-
-
-
-

Physical Goods (like money or tools) that you will need:

-
-
-
-
-
-

People You Can Lean of For Support:

-
-
-
-
-
-

SET GOALS

You can visualize and prepare all you want, but if you don't set powerful goals then you likely won't see much progress.

Simply writing your goals down will give you a leg up on the vast majority of people out there.

For the purposes of this book, and simplicity in general, focus on setting 3 goals for the next year. You will find goal setting templates below that will help guide you.

YOUR GOAL:

Deadline: dd/mm

Why You Want This:

People That Could Help You:

Break Your Goal Into Smaller Steps:

- 1.
- 2.
- 3.
- 4.
- 5.

Reward When You Reach It:

YOUR GOAL:

Deadline: dd/mm

Why You Want This:

People That Could Help You:

Break Your Goal Into Smaller Steps:

- 1.
- 2.
- 3.
- 4.
- 5.

Reward When You Reach It:

YOUR GOAL:

Deadline: dd/mm

Why You Want This:

People That Could Help You:

Break Your Goal Into Smaller Steps:

- 1.
- 2.
- 3.
- 4.
- 5.

Reward When You Reach It:

TAKE ACTION

This is another simple, but crucial step – you need to take action on your goals. You could have the world’s biggest book of goals, but it is entirely worthless if you don’t take action.

There is no template for taking action. Just list 3 steps you could take right away (if not today, then tomorrow) that will propel you towards your goals.

Action #1:

Action #2:

Action #3:

ADJUST

There is certainly something to be said for going full speed and attacking your goals head-on. That said, you should always make time to check on your progress and adjust as needed.

Maybe you could be doing something more efficiently? Maybe your needs have changed, and you desire something else?

Regardless of the reason, checking in on your goals is an important step for having your best year ever.

You can find goal check-in templates on the following pages. These templates focus on weekly and monthly check-ins.

Your Goal	
One Week Check In	
What Is Working	What Isn't Working
Any Adjustments Needed:	
One Month Check-In	
What Is Working	What Isn't Working
Any Adjustments Needed:	

Your Goal	
One Week Check In	
What Is Working	What Isn't Working
Any Adjustments Needed:	
One Month Check-In	
What Is Working	What Isn't Working
Any Adjustments Needed:	

Your Goal	
One Week Check In	
What Is Working	What Isn't Working
Any Adjustments Needed:	
One Month Check-In	
What Is Working	What Isn't Working
Any Adjustments Needed:	

Your Goal	
One Week Check In	
What Is Working	What Isn't Working
Any Adjustments Needed:	
One Month Check-In	
What Is Working	What Isn't Working
Any Adjustments Needed:	

Your Goal	
One Week Check In	
What Is Working	What Isn't Working
Any Adjustments Needed:	
One Month Check-In	
What Is Working	What Isn't Working
Any Adjustments Needed:	

Your Goal	
One Week Check In	
What Is Working	What Isn't Working
Any Adjustments Needed:	
One Month Check-In	
What Is Working	What Isn't Working
Any Adjustments Needed:	

CONCLUSION

The next 365 days could literally change your life. It is really up to you.

If you took your time, really thought about things and worked through this book – then you have an action plan that will make this next year your best.

You just have to follow the six steps for your greatest year ever:

- Preview
- Review
- Prepare
- Set Goals
- Take Action
- Adjust

If you commit to these steps, you will be surprised just how much a life can change in a single year.