

# **Thank you for downloading the 2023 Goal Planner**

**All pages should be printed once  
except:**

- **my monthly goals page 24:  
print 6**
- **my monthly goals page 25:  
print 6**
- **weekly goals page 26 (mon -  
wed): print 52**
- **weekly goals page 27: (thur -  
sun): print 52**
- **today page 28: print 365**





january















august







A decorative graphic featuring the word "december" in a pink cursive font. The text is centered within a gold geometric frame composed of overlapping lines forming a diamond and a square. Pink flowers with green leaves are illustrated in the corners of the frame.

*december*

# year at a glance

## JAN

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## FEB

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## MAR

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## APR

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## MAY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## JUN

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## JUL

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## AUG

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## SEP

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## OCT

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## NOV

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## DEC

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



# *vision board*



# *vision board*

# awareness & self discovery

What is the vision for the life I want?

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What are my core values?

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What am I passionate about? What brings me joy?

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What is my life's purpose? What is my mission?

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What/who should I avoid in order to live a happier life?

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A decorative border of pink roses and green leaves surrounds the central white area of the page.

# *daily rituals*

I am grateful for...

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My affirmations

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Things I need to remind myself

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# *a year from now*

When	In 3 months	In 6 months	In 9 months	In 12 months
Health & Fitness				
Home				
Family & Friends				
Romance & Relationships				



# *a year from now*

When	In 3 months	In 6 months	In 9 months	In 12 months
Finance				
Personal Development				
Fun & Recreation				
Spiritual				

# my 1 year goals

Life Area	Top Goal	Why I want it
 Health & Fitness	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
 Home	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
 Family & Friends	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
 Romance & Relationships	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

# my 1 year goals

Life Area	Top Goal	Why I want it
 Finance	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
 Personal Development	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
 Fun & Recreation	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
 Spiritual	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

# my monthly goals

Goal #1

Why I want it

Reward if achieved

Goal #2

Why I want it

Reward if achieved

Goal #3

Why I want it

Reward if achieved

# my monthly goals

Goal #1

Why I want it

Reward if achieved

Goal #2

Why I want it

Reward if achieved

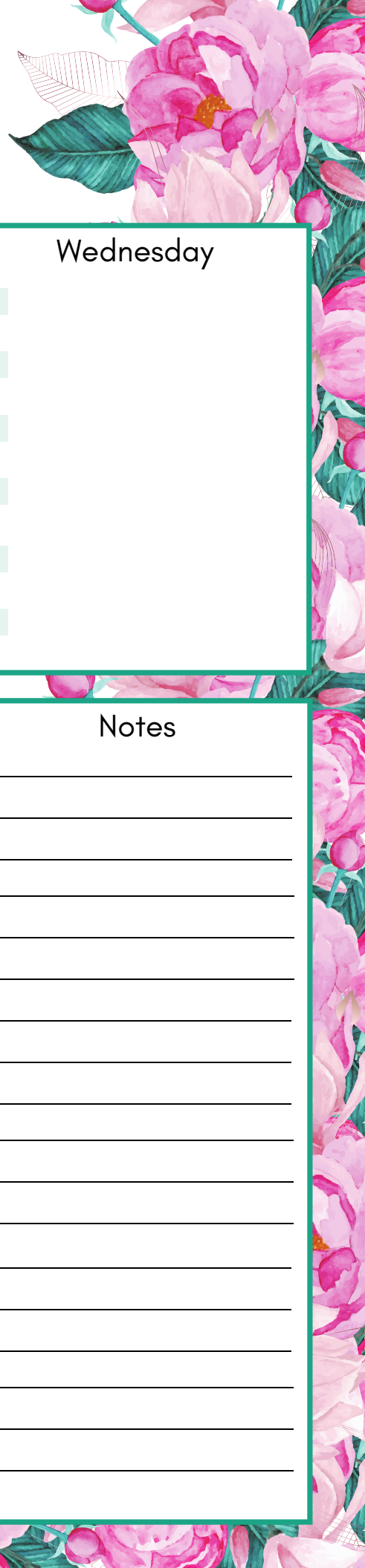
Goal #3

Why I want it

Reward if achieved

# weekly goals

Week of:



Monday



Tuesday



Wednesday



Notes

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weekly goals

Week of:

Thursday

Friday

Saturday

## Notes

[illegible]

## Notes

[illegible]

## Notes

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Sunday

## Notes

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The image is a full-page decorative background. On the left, there is a vertical border consisting of alternating horizontal stripes of light pink and white. The rest of the page is filled with a floral pattern. Large, detailed pink peonies with green leaves are prominent at the top and bottom. Smaller, lighter pink flowers and green foliage are scattered throughout the right side and bottom. The overall color palette is soft pinks, purples, and greens.

Need to do:

Want to do:

Notes:

[illegible]

11:00

12:00

1:00

2:00

3:00

4:00

5:00

6:00

7:00

8:00



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:

Important dates:

# february

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

Notes:

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Important dates:

<div><div></div><div></div><div></div><div></div></div>	<div><div></div><div></div><div></div><div></div></div>
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march



SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Notes:

Important dates:



SUN	MON	TUE	WED	THU	FRI	SAT
30						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Notes:

Important dates:

may

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Notes:


Important dates:




June



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Notes:

Important dates:



SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

Notes:

Important dates:

# august

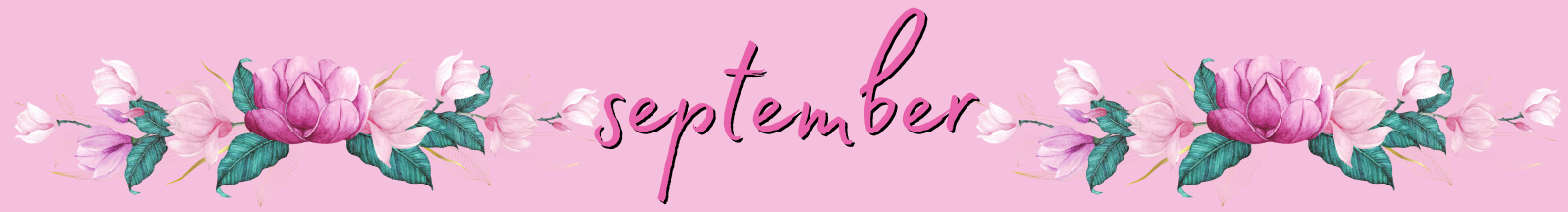
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes:

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Important dates:

<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>
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SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Notes:

Important dates:



SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Notes:

Important dates:

# november

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Notes:

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Important dates:

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
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SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Notes:

Important dates: