



2019

CALENDAR INVENTORY

FOR YOUR BEST YEAR EVER!

Things that were Worth My Time

.....
Wastes of Time or Energy

.....
Things that make YOU feel good

.....

2019
Wrap-up



ACTIONABLE GOAL WORKSHEET

FOR YOUR BEST YEAR EVER!

Relationships

.....
Career

.....
Health

.....
Creativity

.....
Finances

.....
Personal Growth

.....
Community Involvement

GOAL WORKSHEET

Go back to page 1 and rate each area on a scale from 1 to 10

1 – You didn't focus on that area whatsoever

5 – You put some effort in, but it wasn't much or didn't make a significant impact

10 – You have seen tremendous growth or success in this area, and you feel completely satisfied with.

Take a look at your top 3 highest scores, and ask "What am I doing differently here?"

List 3 specific steps you took in 2018 to ensure success in these areas:

.....

A R E A 1

1-

2-

3-

.....

A R E A 2

1-

2-

3-

.....

A R E A 3

1-

2-

3-

GOAL WORKSHEET

Now let's qualify your accomplishments by answering the following questions:

- 1. Personal or professional goals you've accomplished.**
- 2. Skills you've acquired or education you've completed.**
- 3. New concepts you've learned.**
- 4. Skills you've sharpened.**
- 5. New initiatives/strategies you've implemented.**
- 6. Side projects you've been working on.**
- 7. New work responsibilities you've taken on.**
- 8. Lessons learned to apply towards 2020.**

GOAL WORKSHEET

IN 2019 I FELT

Circle all that apply

- | | | | | |
|-------------|------------|------------|-------------|------------|
| Accepting | Eager | Irritated | Overwhelmed | Scared |
| Anxious | Energetic | Jealous | Outstanding | Sensitive |
| Apathetic | Excited | Joyful | Peaceful | Successful |
| Appreciated | Frustrated | Lazy | Pessimistic | Uncertain |
| Angry | Fulfilled | Liberated | Powerful | Vulnerable |
| Bored | Hesitant | Loney | Proud | Withdrawn |
| Busy | Hopeful | Loving | Rejected | Worried |
| Confident | Inadequate | Lucky | Respected | Worthless |
| Courageous | Inspired | Optimistic | Sad | Worthwhile |

IN 2020 I WANT TO FEEL

Top 3 feelings you crave in 2020

Example: Fulfilled

How much did you focus on that feeling in 2019.

7

Action Step(s) to obtain that feeling

Make a mental list of what I'm grateful for as I fall asleep

1-

2-

3-

GOAL WORKSHEET

Determine your top 3 goals for 2020

THREE TO THRIVE GOALS

1-

2-

3-

.....

SMART GOALS

To make your goals are actionable, apply the SMART principles

*S*pecific

*M*easurable

*A*chievable

*R*ealistic

*T*ime-bound

2020

GOAL WORKSHEET

Goal 1-

S

M

A

R

T

Goal 2-

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2020

GOAL WORKSHEET

Goal 3-

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Looking for a new job in 2020?

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MY WEEKLY PLANNER

MON

TUE

WED

THU

FRI

SAT

SUN

MONTHLY FOCUS

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DATES TO REMEMBER

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NOTES

GOALS

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