

Name:

Date:

My Age:

Monthly Goal Setting Worksheet

Goals For This Month

My main goals for this month:

Why are these goals important to me?

Top Priorities & Deadlines

My top priority this month:

Important Task	Deadline

Habit Tracker

- Exercise regularly
- Read daily
- Stay organized
- Practice positive habits
- Complete important tasks

New habit I want to build:

Weekly Check-Ins

Week	Progress Update	Mood
Week 1		
Week 2		
Week 3		
Week 4		