





May Goal-Setting Ideas

	S	M	T	W	T	F	S
L A S T D A Y	31 How to continue working on a goal next month.	27  Ordinary & Happy	28 	29 	30 	1 Make a list of goals. Choose one to focus on.	2 Identify your values to help you align your goals with them.
	3 Be more specific with the goal. Rather than 'work out more', say 'go for 20-minute daily walks', for example.	4	5 Simple actions you can take toward a specific goal.	6 Identify distractions that get in the way.	7 Specific times in a day you can put toward working on a goal.	8 Ways that can help you track your progress.	9 Why the goal matters to you.
	10 Daily habits that will help you achieve a goal.	11 Habits that are preventing you from achieving a goal and how you can change them.	12 Ways to motivate yourself to stay consistent with a goal.	13 A small step toward a goal you could make today.	14 What you have done so far to make progress.	15 Identify challenges and how you could see them as opportunities.	16 What you feel is holding you back from achieving a goal.
	17 Moments of joy that have come from working toward a goal, even in challenging moments.	18 How to prioritize a goal when there's a lot going on.	19 Things that only take 5 minutes you could do to work toward a goal.	20 Visualize what achieving your goal looks and feels like.	21 Ways you can make working on a goal more enjoyable or motivating.	22 What you're proud of accomplishing so far.	23 What has and hasn't gone to plan so far.
	24 People who can help you work on a goal and how.	25 If there have been days you didn't make progress on a goal, identify why.	26 Something you've been avoiding and what steps you could take toward it.	27 If there is anything you could automate or delegate to help you.	28 What progress has looked like over 3-4 weeks, and what it could look like over a year.	29 What feedback (if any) you've asked for and if you've implemented it.	30 Skills you've developed by working toward a goal.