



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

.....



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:

.....

AREA 1

1-

2-

3-

.....

AREA 2

1-

2-

3-

.....

AREA 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Bored	Hesitant	Loney	Proud	Withdrawn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-

S

M

A

R

T

2020

GOAL WORKSHEET

Goal 3-

S

M

A

R

T

Looking for a new job in 2020?

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MY WEEKLY PLANNER

MON

TUE

WED

THU

FRI

SAT

SUN

01

MONTHLY PLANNER