

Believe  
IN  
yourself

# MY GOAL BOOK

DREAM BIG,  
WORK HARD,  
MAKE IT  
happen.

YOU'VE  
TOTALLY GOT  
THIS!

DO  
what you  
LOVE

Itsajoyousjourney.com

## A Goal-Setting Starter Pack for Teens

### -Directions- Dream Big!

Use the vision board to think about what you really want your life to look like in the future. Paste photos, draw pictures, or write words that will help you visualize the life you really want to live. We've provided some topics to help you get started. If this isn't enough space, use a poster board, corkboard, or another large surface to complete your vision board.

### Start Planning!

Use the goal-setting sheets to help you get your long-term goals on paper and learn how to break them down into manageable steps. Remember...you don't have to have your whole life figured out before you start!

Our goal is to help you learn the process of setting and achieving goals, so you can make it a habit to work towards them every day.

### Make it Happen!

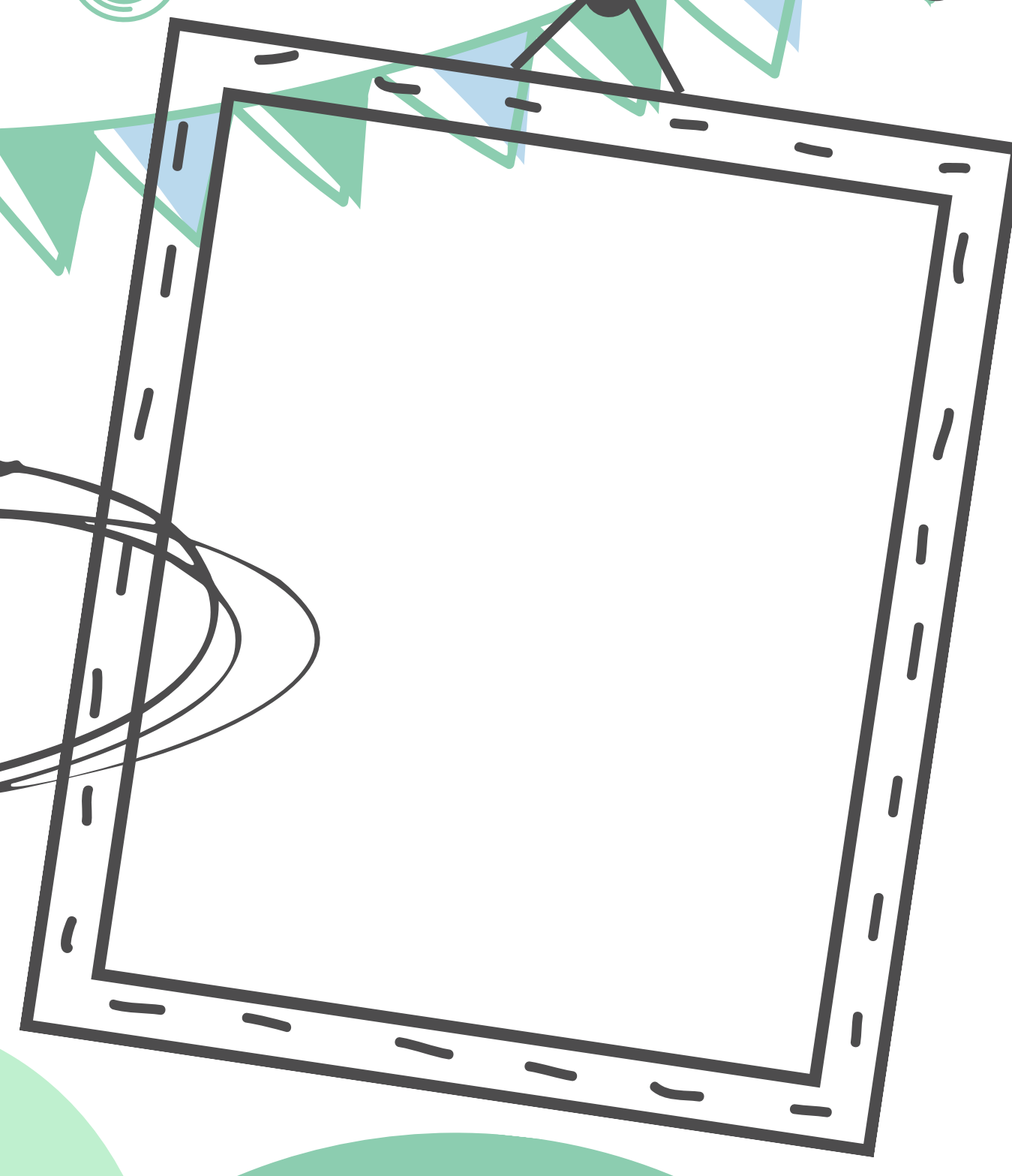
Put your vision board and goal-setting sheets somewhere that you will see them every day. Do something each day to work toward your goals, and you will be able to make your dreams come true!

It's a  
Family - Faith - Learning - Adventure  
Joyous Journey

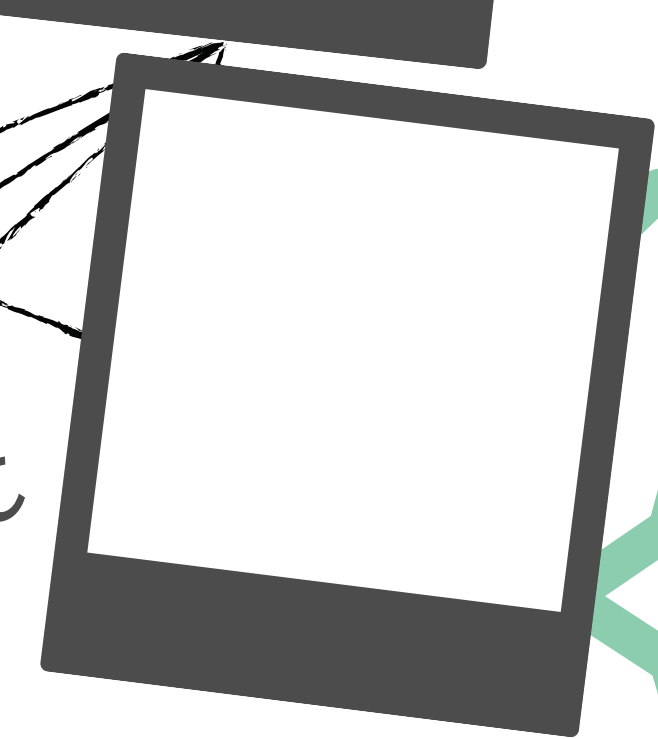
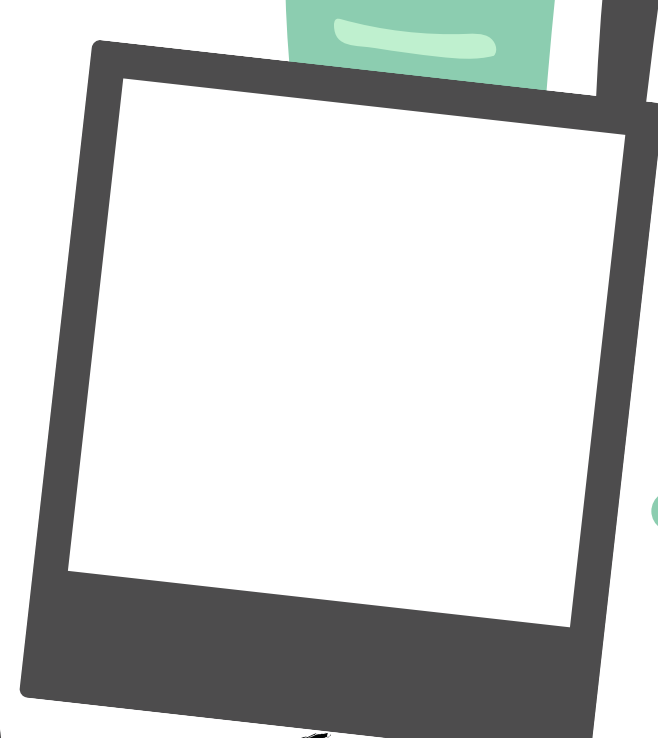


What I want my family to be like

Vision Board



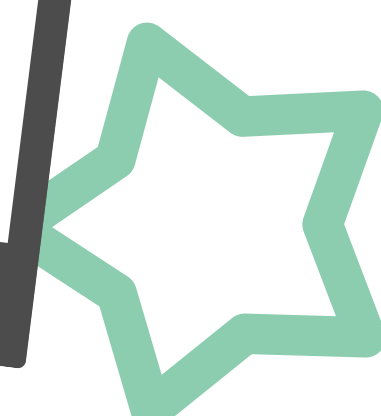
How I want to make a living



Places I want to visit



People I can look to for inspiration







## - 3 Biggest Life Goals -

1

2

3

Don't let this overwhelm you! Look back at your vision board and pick out the three things that excite you the most. Maybe it's a career. Maybe it's a family. Maybe it's helping people. Maybe it's travel. Maybe it's living in an area you love.

These goals may change over time, but the most important thing right now is for you to learn the process of setting and achieving goals through daily habits.

The next few pages will help you break your goals down into manageable steps.

# LIFE GOAL

1

Why is this important to me? \_\_\_\_\_

When do I want to have this accomplished? (date, age, years from now) \_\_\_\_\_

## - 3 Things I Need To Do To Reach This Goal-

1

Why? \_\_\_\_\_ When? \_\_\_\_\_

What tasks do I need  
to work on to make  
this happen?

1. \_\_\_\_\_ When? \_\_\_\_\_

2. \_\_\_\_\_ When? \_\_\_\_\_

3. \_\_\_\_\_ When? \_\_\_\_\_

Monthly?  
Weekly?  
Daily?

2

Why? \_\_\_\_\_ When? \_\_\_\_\_

What tasks do I need  
to work on to make  
this happen?

1. \_\_\_\_\_ When? \_\_\_\_\_

2. \_\_\_\_\_ When? \_\_\_\_\_

3. \_\_\_\_\_ When? \_\_\_\_\_

Monthly?  
Weekly?  
Daily?

3

Why? \_\_\_\_\_ When? \_\_\_\_\_

What tasks do I need  
to work on to make  
this happen?

1. \_\_\_\_\_ When? \_\_\_\_\_

2. \_\_\_\_\_ When? \_\_\_\_\_

3. \_\_\_\_\_ When? \_\_\_\_\_

Monthly?  
Weekly?  
Daily?

# LIFE GOAL

2

Why is this important to me? \_\_\_\_\_

When do I want to have this accomplished? (date, age, years from now) \_\_\_\_\_

## - 3 Things I Need To Do To Reach This Goal-

1

Why? \_\_\_\_\_ When? \_\_\_\_\_

What tasks do I need  
to work on to make  
this happen?

1. \_\_\_\_\_ When? \_\_\_\_\_

2. \_\_\_\_\_ When? \_\_\_\_\_

3. \_\_\_\_\_ When? \_\_\_\_\_

Monthly?  
Weekly?  
Daily?

2

Why? \_\_\_\_\_ When? \_\_\_\_\_

What tasks do I need  
to work on to make  
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1. \_\_\_\_\_ When? \_\_\_\_\_

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Monthly?  
Weekly?  
Daily?

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Why? \_\_\_\_\_ When? \_\_\_\_\_

What tasks do I need  
to work on to make  
this happen?

1. \_\_\_\_\_ When? \_\_\_\_\_

2. \_\_\_\_\_ When? \_\_\_\_\_

3. \_\_\_\_\_ When? \_\_\_\_\_

Monthly?  
Weekly?  
Daily?

# LIFE GOAL

3

Why is this important to me? \_\_\_\_\_

When do I want to have this accomplished? (date, age, years from now) \_\_\_\_\_

## - 3 Things I Need To Do To Reach This Goal-

1

Why? \_\_\_\_\_ When? \_\_\_\_\_

What tasks do I need  
to work on to make  
this happen?

1. \_\_\_\_\_ When? \_\_\_\_\_

2. \_\_\_\_\_ When? \_\_\_\_\_

3. \_\_\_\_\_ When? \_\_\_\_\_

Monthly?  
Weekly?  
Daily?

2

Why? \_\_\_\_\_ When? \_\_\_\_\_

What tasks do I need  
to work on to make  
this happen?

1. \_\_\_\_\_ When? \_\_\_\_\_

2. \_\_\_\_\_ When? \_\_\_\_\_

3. \_\_\_\_\_ When? \_\_\_\_\_

Monthly?  
Weekly?  
Daily?

3

Why? \_\_\_\_\_ When? \_\_\_\_\_

What tasks do I need  
to work on to make  
this happen?

1. \_\_\_\_\_ When? \_\_\_\_\_

2. \_\_\_\_\_ When? \_\_\_\_\_

3. \_\_\_\_\_ When? \_\_\_\_\_

Monthly?  
Weekly?  
Daily?

# WHAT'S NEXT?



Follow this same process for any goal that you have—big or small! Every step you take towards your goals will help you create the life you want to live!

For every long-term goal, break it down into at least 3 shorter-term goals. Then, break the shorter-term goals down into monthly, weekly, or daily tasks.

Example: Long-Term Goal—Buy a \$6000 car within one year

Shorter-Term Goal—Save \$500 per month

Weekly Task—Work enough hours at my job as a restaurant server to earn \$125 in tips each week

This is a very basic example, but it gives you an idea of how your daily habits can help you accomplish anything you want to do.

Always know why it's important and when you need to have it accomplished.

This starter pack will get you headed in the right direction. Purchase your complete goal planner from [itsajoyousjourney.com](https://itsajoyousjourney.com) to help you manage your goals from start to finish!

