Weekly Goals

Instructions:

You have recently set some big goals for 2020. Now begin by making weekly steps to reach those goals. Losing weight, getting more spiritual, learning more, or strengthening a relationship doesn’t happen because you really really want it to happen. It happens because you take steps to make it happen.

This template has 5 weeks. You can either copy and paste more tables or duplicate this word document and label it for each month. For example, Harvey Weekly Goals - January 2020, Harvey Weekly Goals - February 2020. It seems like a lot of work. It is a lot of work. However, it is exactly the steps to take to improve the listed areas of life. Please feel free to reach out to me via email if you need help.

Sample

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|  | Goal(s) | Date | Time |
| **Spiritual** | *Spend 15 minutes every morning in prayer, meditation, and planning* | Monday 3/3 |  |
| **Relational** | *Date Night with spouse*  *Take kids to park saturday afternoon* | Friday, 3/7  Saturday, 3/8 |  |
| **Physical** | *Run 30 minutes* | Tuesday  Thursday  Saturday |  |
| **Mental** | *Read FP Planner, 10 minutes a day* | 1st Chapter by 3/9 |  |
| **Financial** | *Pay Bills, move savings out of checking to savings account.* | First Monday |  |

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|  | Week 1 Goal(s) | Date | Time |
| **Spiritual** |  |  |  |
| **Relational** |  |  |  |
| **Physical** |  |  |  |
| **Mental** |  |  |  |
| **Financial** |  |  |  |

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|  | Week 2 Goal(s) | Date | Time |
| **Spiritual** |  |  |  |
| **Relational** |  |  |  |
| **Physical** |  |  |  |
| **Mental** |  |  |  |
| **Financial** |  |  |  |

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|  | Week 3 Goal(s) | Date | Time |
| **Spiritual** |  |  |  |
| **Relational** |  |  |  |
| **Physical** |  |  |  |
| **Mental** |  |  |  |
| **Financial** |  |  |  |

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|  | Week 4 Goal(s) | Date | Time |
| **Spiritual** |  |  |  |
| **Relational** |  |  |  |
| **Physical** |  |  |  |
| **Mental** |  |  |  |
| **Financial** |  |  |  |

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|  | Week 5 Goal(s) | Date | Time |
| **Spiritual** |  |  |  |
| **Relational** |  |  |  |
| **Physical** |  |  |  |
| **Mental** |  |  |  |
| **Financial** |  |  |  |