



# GOAL SETTING WORKBOOK

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## TIP #1

*Start by free flow writing and focusing on how you want to feel. Release the things that don't help you evolve!*

## TIP #2

*Set goals not resolutions. The best way to set a goal? Structure your milestones along the way. I do this quarterly.*

## TIP #3

*Be Visual.  
Store them in a place where you can view them daily for a constant reminder. Share with your partner or BFF for accountability.*

## MASTER GOAL LIST

Take a moment and write down where you would like to be by the end of you year. What accomplishments do you want under your belt? How do you want your life to look and fell like? It's a new year with endless possibilities. Get creative now!



## HOW TO WRITE AND KEEP A **GOAL**

A goal needs to be specific and measurable so that you can easily determine if you've achieved it.

Here's an example of a wish: "I hate my style. I'm so lazy and don't try hard enough I wish I looked more polished."

And here's how to turn it into a goal:

1. Use affirmative language: "I will make an effort to dress better."
2. Write in present tense: "I make an effort to dress better."
3. Make it measurable: "I prepare my clothes before I get dressed."
4. Be concise. No need to justify: "I take time to research looks for myself and prepare my clothes in advance."
5. Be specific: "I prepare my clothes 20-mins before bed on Sunday and Wednesday for my entire week."

Write goals that excite you. Write them for yourself, not for other people. Often we tend to set goals around things we feel we have to because of pressure from parents, partners and friends.

# YEARLY GOAL PLANNING

PERSONAL

HEALTH

CAREER

FINANCIAL

# QUARTERLY GOALS

PERSONAL

HEALTH

CAREER

FINANCIAL

LET'S MAKE THE NEW YEAR...

*MORE OF THIS*

*LESS OF THIS*

## WEEKLY PREPARATION

MANTRA/THEME/ FOCUS:

POST-WEEK REFLECTION- BIGGEST TAKE AWAYS FROM THE WEEK:

WHAT GOALS DIDN'T I ACCOMPLISH? WHY NOT?

HOW CAN I DO BETTER NEXT WEEK?

WHAT AM I THANKFUL FOR?