

SUNSET HOUR

2025 GOALS



WWW.SUNSETHOUR.CO



Hello there!

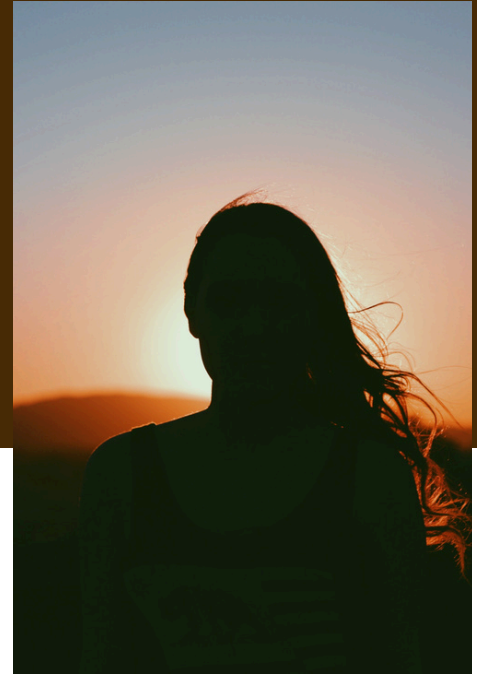
A new year is here, bringing fresh opportunities to set goals and create a vision for the months ahead. Whether you're just starting to think about your goals or refining your plans, having a clear and intentional process can make all the difference.

That's why I am excited to share a simple, practical guide to help you tackle goal-setting with ease. It's designed to keep things straightforward, actionable, and inspiring, so you can start the year with clarity and confidence.

Rachael

Creator, Sunset Hour

DEFINE ANNUAL GOALS



Start by reflecting on what you want to accomplish by the end of the year. Consider categorizing your goals into the following areas:

1. Personal Development

Skills, education, self-care.

2. Professional Growth

Career advancement, projects, networking.

3. Health and Fitness

Physical, mental, and emotional health.

4. Financial

Savings, investments, debt reduction.

5. Relationships

Family, friends, romantic relationships.

6. Hobbies and Interests

Learning something new, traveling, creative pursuits.

"A new year holds the promise of transformation—your goals are the seeds of intention, ready to bloom into a life of purpose, beauty, and strength."

WORKSHEET: WRITE DOWN YOUR ANNUAL GOALS

PERSONAL DEVELOPMENT

PROFESSIONAL GROWTH

HEALTH AND FITNESS

FINANCIAL

RELATIONSHIPS

HOBBIES AND INTERESTS

A new year holds the promise of transformation

Discipline and focus are your greatest allies in turning dreams into reality—but who says the journey can't be fun?

Yes, overwhelm happens, and overthinking spirals are normal. When they do, pause, take a deep breath, and reset. Your amazing annual goals are your compass, so review them and remind yourself why you started.

Instead of tackling everything at once, focus on one month at a time. Small, consistent steps lead to big wins.

Celebrate your progress, stay positive, and remember—you're creating a life filled with purpose and joy.

You've got this!

WORKSHEET: BREAK ANNUAL GOALS INTO MONTHLY MILESTONES

JANUARY

A large, empty rectangular box with rounded corners and a dotted border, intended for writing the monthly milestones for January.

FEBRUARY

A large, empty rectangular box with rounded corners and a dotted border, intended for writing the monthly milestones for February.

MARCH

A large, empty rectangular box with rounded corners and a dotted border, intended for writing the monthly milestones for March.

APRIL

A large, empty rectangular box with rounded corners and a dotted border, intended for writing the monthly milestones for April.

MAY

A large, empty rectangular box with rounded corners and a dotted border, intended for writing the monthly milestones for May.

JUNE

A large, empty rectangular box with rounded corners and a dotted border, intended for writing the monthly milestones for June.

WORKSHEET: BREAK ANNUAL GOALS INTO MONTHLY MILESTONES

JULY

A large, empty rectangular box with rounded corners and a dotted border, intended for writing monthly milestones for the month of July.

AUGUST

A large, empty rectangular box with rounded corners and a dotted border, intended for writing monthly milestones for the month of August.

SEPTEMBER

A large, empty rectangular box with rounded corners and a dotted border, intended for writing monthly milestones for the month of September.

OCTOBER

A large, empty rectangular box with rounded corners and a dotted border, intended for writing monthly milestones for the month of October.

NOVEMBER

A large, empty rectangular box with rounded corners and a dotted border, intended for writing monthly milestones for the month of November.

DECEMBER

A large, empty rectangular box with rounded corners and a dotted border, intended for writing monthly milestones for the month of December.

Progress thrives on action—break big goals into small steps, take it week by week, and watch yourself grow.



Being a work in progress is a beautiful thing—it means you're growing, evolving, and becoming. But growth doesn't happen without action. Once you've set your monthly goals, break them down into smaller, actionable tasks for each week. These weekly steps are where the magic happens, keeping you on track and making even the biggest milestones feel achievable.

Progress isn't about perfection; it's about consistent action. Each small win builds momentum, and before you know it, you're closer to your dreams.

Embrace the journey, take it week by week, and watch yourself thrive!

JANUARY: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

FEBRUARY: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

MARCH: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

APRIL: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

MAY: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

JUNE: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

JULY: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

AUGUST: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEKEND

SEPTEMBER: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

OCTOBER: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

NOVEMBER: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

DECEMBER: CREATE WEEKLY ACTION PLANS

WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

WEEK 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND

Stay Accountable and Motivated

01 SHARE YOUR GOALS WITH A
FRIEND OR ACCOUNTABILITY
PARTNER.

02 CELEBRATE SMALL WINS TO
STAY MOTIVATED.

03 STAY FLEXIBLE AND REASSESS
GOALS AS CIRCUMSTANCES
CHANGE.



Need Extra Support?

Remember, setting goals is just the beginning—staying focused and motivated is where the real growth happens. If you need extra support, I'm here to help! Let's work together one-on-one to create a plan that works for you.

Visit sunsethour.co to learn more, and let's make this your most fulfilling year yet!

[SCHEDULE A CALL](#)

[LEARN MORE](#)

Wellness is at the heart of everything I do, and I'm here to be your support team every step of the way. Sunset Hour is your go-to platform for wellness and clarity, offering healthy living tips and encouragement to inspire your journey. Each week, I share insightful articles on self-care, nutrition, fitness, mindset work, and product reviews—all designed to help you thrive.

Don't forget to subscribe to The Sunset Pass, my weekly email filled with day-starting inspiration, exclusive partnership perks, and invitations to Sunset Hour pop-up events. And there's more—stay tuned as we delight in discovery through exciting collaborations with wellness coaches and artists.

Here's to living well, finding clarity, and embracing all the possibilities ahead!

Rachael

