

# 2026 Goal Checklist

## 3 Steps to Create Your 2026 Goals

### Step 1: Define Your Vision

Take time to define what a successful year would look like. Imagine it is **December 31, 2026** and you are celebrating the year with friends. You say, *"This was the best year of my life!"* Ask yourself:

- Why was it the best year?
- What accomplishments, experiences, and personal growth happened to make it so?

### Step 2: Set SMART Goals for the 7 F's

Develop specific, measurable, achievable, relevant, and time-bound (SMART) goals for each of the 7 F's. When setting deadlines, vary them across goals so that progress is balanced throughout the year and there is no pressure to complete everything simultaneously at year-end.

F	Goal	Why It Matters	Deadline
Faith			
Family			
Fitness			
Finances			
Friends			
Fun			
Future (Work)			

### Step 3: Break Down Each Goal

For each of the 7 F's, create goals and milestones for accomplishment of the goal. Break down the goal by quarters and then by months.

**Example:**

- **Goal:** Improve professional communication skills
- **Milestones:**
  - ☐ Attend one public speaking workshop by March
  - ☐ Deliver a presentation at work by June
  - ☐ Join a Toastmasters contest by September
  - ☐ Review progress in December

