

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)			

㉑ 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

C O N S U L T I N G

For Success