



Annual Goal Setting: The Micro-Growth System

Build a Life-Changing Year with 12-Week Sprints & Daily Non-Negotiable Actions

Most goals fail not because you are weak, but because the goal is vague, hollow, or disconnected from a real system. This planner replaces vague resolutions with specific, measurable micro-goals tied to daily actions. Break your year into 12-week sprints. Assess, adjust, and raise the standard every 12 weeks.

MY IDENTITY STATEMENT

Before setting goals, define who you are becoming. Write your identity statement — present tense, as if it is already true.

MY THREE CATEGORIES

Every goal you write should serve who you are becoming in one of these three pillars.

CATEGORY	MY CORE FOCUS THIS YEAR
Personal	
Professional	
Hunting / Physical	

PERSONAL GOALS

1. Spiritual / Mental Discipline

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

2. Emotional Awareness & Presence

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:



3. Marriage & Family Investment

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

4. Physical Health & Conditioning

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

5. Learning & Personal Growth

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

PROFESSIONAL GOALS

1. Delegation & Systems

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

2. Leadership Presence

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:



3. Content / Brand / Side Project

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

4. Financial Command

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

5. Strategic Thinking

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

HUNTING GOALS

1. Shooting Excellence

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

2. E-Scouting & Research

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:



3. Elk Education & Skill Building

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

4. Gear Preparation

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

5. Physical Endurance / Mountain Fitness

Vague version:

Make it SMART:

My Non-Negotiable Daily Action:

12-WEEK SPRINT SCORECARD

SPRINT	WEEKS	PERSONAL	PROFESSIONAL	HUNTING	FOCUS FOR THIS SPRINT
Sprint 1	Weeks 1–12	___/30	___/30	___/25	
Sprint 2	Weeks 13–24	___/30	___/30	___/25	
Sprint 3	Weeks 25–36	___/30	___/30	___/25	
Sprint 4	Weeks 37–52	___/30	___/30	___/25	

YEAR-END REFLECTION

1. Did I become the person I set out to be?

2. What was my greatest personal win?

3. What was my greatest professional win?



4. What was my greatest hunting achievement?

5. What do I carry forward into next year?

"It's not about massive leaps. It's about micro-movements done daily."

— HuntingGrowth