My 2027 goals

SIX AREAS, THREE GOALS, FOUR QUARTERS, ONE HABIT EACH

1 Score each area today, 1 to 10

Health	..... / 10	Money	..... / 10	Work and learning	..... / 10
Relationships	..... / 10	Home	..... / 10	Yourself	..... / 10

2 Three goals, each written as something I will do

GOAL 1 ..... AREA .....

GOAL 2 ..... AREA .....

GOAL 3 ..... AREA .....

3 For each goal, where I will be by

	Q1 · MARCH 31	Q2 · JUNE 30	Q3 · SEPTEMBER 30	Q4 · DECEMBER 31
GOAL 1				
GOAL 2				
GOAL 3				

4 For each goal, one weekly habit, with when and where

GOAL 1 .....

GOAL 2 .....

GOAL 3 .....

5 The person who asks me about these once a month

NAME .....

CHECK-IN: THE LAST SUNDAY OF EACH MONTH

Jan 31 Feb 28 Mar 28 Apr 25 May 30 Jun 27 Jul 25 Aug 29 Sep 26 Oct 31 Nov 28 Dec 26

6 Quarter reviews

SUNDAY	March 28	June 27	September 26	December 26

My 2027 goals, filled in

A MADE-UP EXAMPLE, TO SHOW HOW THE PAGE WORKS

1 Score each area today, 1 to 10

Health	5 / 10	Money	4 / 10	Work and learning	7 / 10
Relationships	8 / 10	Home	6 / 10	Yourself	5 / 10

2 Three goals, each written as something I will do

GOAL 1	Save $1,000 in an emergency fund	AREA	Money
GOAL 2	Finish a 10K charity walk in October	AREA	Health
GOAL 3	Read 12 books	AREA	Yourself

3 For each goal, where I will be by

	Q1 · MARCH 31	Q2 · JUNE 30	Q3 · SEPTEMBER 30	Q4 · DECEMBER 31
GOAL 1	$250	$500	$750	$1,000
GOAL 2	20 minutes three times a week	30 minutes four times a week	A 7 km Sunday walk	The 10K walked in October
GOAL 3	3 books	6 books	9 books	12 books

4 For each goal, one weekly habit, with when and where

GOAL 1	Move $20 to savings every Friday
GOAL 2	Walk before work on Monday, Wednesday and Friday, and on Sunday morning from April
GOAL 3	Read 20 pages in bed, five nights a week

5 The person who asks me about these once a month

NAME My sister, on our call

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Why it works: 2027 has 53 Fridays, so $20 each Friday comes to $1,060, and the habit alone reaches the goal.