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*

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

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