

# 1 YEAR VISION AND GOALS

This goal sheet belongs to:

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## The 20 Something Podcast



Win the day, win the week, make the  
most out of this thing we call life.

# GOAL SETTING AND VISION CASTING

## TEMPLATE SHEET

Hey 20 something listener! Thanks for grabbing our goal template sheet. We can guarantee you if you take this seriously, it WILL change your life. For an inside scoop into how to use this spreadsheet effectively, listen to EP #5 of the 20 something podcast.

**Here is a short summary of what is in this template:**

- **1 Year**
  - 1 Year Vision.
  - 1 Year Goals.
- **Mission statements**
  - Marriage and Parenting Vision Statement.
  - Life Mission Statement.

Please note: Doing this exercise will not be easy. This exercise is designed to stretch you and help cast a vision for the person you want to become.

Win the day, win the week,  
make the most out of this thing  
we call life.

# My Vision: 1 Year Vision

Age in 1 years:

If a movie was made about my life over these next 1 year's, what would it be called?

“(Name here)”

Career:

-  
-  
-  
-

Health:

-  
-  
-  
-

Family:

-  
-  
-  
-

Friends:

-  
-  
-  
-

Spiritual:

-  
-  
-  
-

2 habits I will do every day:

- 1.
- 2.

# **Career Goals: 1 year**

## **THE WHO GOAL:**

-

### **The Goals to become the who:**

- 1.
- 2.
- 3.

### **The why:**

- 1.
- 2.
- 3.

### **Daily habits to push me to that level:**

- 1.
- 2.
- 3.

### **Statement:**

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# **Health and Fitness Goals: 1 year**

## **THE WHO GOAL:**

-

### **The Goals to become the who:**

- 1.
- 2.
- 3.

### **The why:**

- 1.
- 2.
- 3.

### **Daily habits to push me to that level:**

- 1.
- 2.
- 3.

### **Statement:**

# **Family Goals: 1 year**

## **THE WHO GOAL:**

-

### **The Goals to become the who:**

- 1.
- 2.
- 3.

### **The why:**

- 1.
- 2.
- 3.

### **Daily habits to push me to that level:**

- 1.
- 2.
- 3.

### **Statement:**

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# **Friendship Goals: 1 year**

## **THE WHO GOAL:**

-

### **The Goals to become the who:**

- 1.
- 2.
- 3.

### **The why:**

- 1.
- 2.
- 3.

### **Daily habits to push me to that level:**

- 1.
- 2.
- 3.

### **Statement:**

# **Spiritual Goals: 1 year**

## **THE WHO GOAL:**

-

### **The Goals to become the who:**

- 1.
- 2.
- 3.

### **The why:**

- 1.
- 2.
- 3.

### **Daily habits to push me to that level:**

- 1.
- 2.
- 3.

### **Statement:**

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## **Intellectual Goals: 1 year**

### **THE WHO GOAL:**

-

#### **The Goals to become the who:**

- 2.
- 3.
- 4.

#### **The why:**

- 1.
- 2.
- 3.

#### **Daily habits to push me to that level:**

- 1.
- 2.
- 3.

Statement:

### **Marriage vision / Parenting vision:**

### **Life Mission statement:**