

NEW YEAR GOAL MAP

A SIMPLE SOULFUL PLAN FOR THE NEXT 90 DAYS

Quarter (Q1/Q2/Q3/Q4): _____ Date Range: _____

Your North Star (Priority Goal for this Quarter)

Write ONE clear priority that will guide your weekly actions.

Why am I doing this: _____

Outcome (by date)

Metric (how you'll measure weekly)

Tiny Action (daily/weekly)

Friction & Fix

Weekly Check-in (tick each week)

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wk1

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wk2

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wk3

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wk4

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wk5

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wk6

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wk7

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wk8

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wk9

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wk10

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wk11

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wk12

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wk13

Monthly Reset (10 minutes)

What Helped? _____

What got in the way? _____

Adjustments for next month: _____

