

# 2021 Goal Planner



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# Contents

2020 Review

The Ideal You

Your Ideal Life

Your Definition of Success

Your Why

SWOT Analysis

Your Affirmations

SMART Goals

Journey Mapping

Goals by Category

Goals by Month

2021 Objective

# 2020 Review

Look back over the last year and think about what you did and didn't achieve in 2020.

**What did you achieve in 2020?**

**What didn't you achieve that you wanted to?**

**What did these disappointments teach you?**

**Did you hold yourself back or let any obstacles get in the way in 2020?**

**In what areas of your life are you most successful? (e.g. career, finance, family, health)**

**In what areas of your life are you not achieving what you want?**

**Why do I think this is?**

# The Ideal You

What does the ideal you look like? Describe the ideal you in as much detail as possible.

Draw a picture if you like. Think about:

- Your physical appearance
- Your education and experience
- How you spend your free time
- Your family and other relationships
  - Your qualities and attributes
- Other things that are important to you

# Your Ideal Life

What does your ideal life look like? Describe your ideal life in as much detail as possible.

Draw pictures if you like. Think about:

- Your family and social life
  - Your home
  - Your career
- Your financial situation
- Your lifestyle and hobbies
- Holidays and activities

# Your Definition of Success

How will you know when you've achieved success? Think about:

- Your career
- Your financial situation
  - Your lifestyle
  - Your family
  - Your free time
- Your frame of mind

I will know that I am successful when...

# Your Why

For your why to be really powerful it needs to be for yourself. You may need to think really hard to find the root cause of your why. For each answer, ask yourself “why?” until you can’t carry on and you’ve identified your ultimate motivation.

**Why are you doing what you are doing?**

**How will it benefit your life?**

**What will it enable you to do/buy/achieve?**

**How will it make you feel?**

It can help to include others in your why too. Again, keep asking yourself “why?” until you reveal your root motivation.

**Who else are you doing this for?**

**What do you want to give them?**

**How do you want them to feel?**

# SWOT Analysis

SWOT Analysis is a great exercise to do to uncover your strengths, weaknesses, opportunities and threats. Conduct SWOT analysis for each of your goals. There will of course be much overlap, but especially where the opportunities and threats are concerned, these could vary greatly according to the goal.

**Strengths** – What qualities or skills do you have which will help you achieve your goals?

**Weaknesses** – What qualities or difficulties do you have which will pose a challenge to you achieving your goals?

**Opportunities** – What opportunities do you have that will help you achieve your goals?

This could be key contacts, access to resources, capital available for investment, etc.

**Threats** – What obstacles are in the way of you achieving your goals? This could be a lack of qualifications, a lack of investment capital, other commitments, etc.

<b>STRENGTHS</b>	<b>WEAKNESSES</b>
<b>OPPORTUNITIES</b>	<b>THREATS</b>



# Your Affirmations

Affirmations are a powerful tool that help you stay focused on your goals and reinforce positive ideas about yourself.

Thinking about your weaknesses, your disappointments from 2020 and the goals you have set for 2021, write some affirmations that reinforce positive ideas about yourself.

For example, you've identified lack of time management as a weakness. Your affirmation could be "I manage my time effectively".

Similarly, one of your goals could be to promote to manager, so your affirmation could be "I am a natural born leader and others look up to me".

Repeat your affirmations several times every day both first thing in the morning and last thing at night.

# SMART Goals

Whenever we set goals, we should ensure they follow the SMART framework:

Specific  
Measurable  
Attainable  
Relevant  
Time-bound

We can go a step further and apply SMART planning. So, for every goal, answer the following questions.

**S**

**Write out your goal as specifically as possible**

**M**

**How will I know I've achieved my goal?**

**A**

**What are my strengths that make this goal attainable?**

**R**

**How will my life get better by achieving this goal?**

**T**

**What is my deadline?**

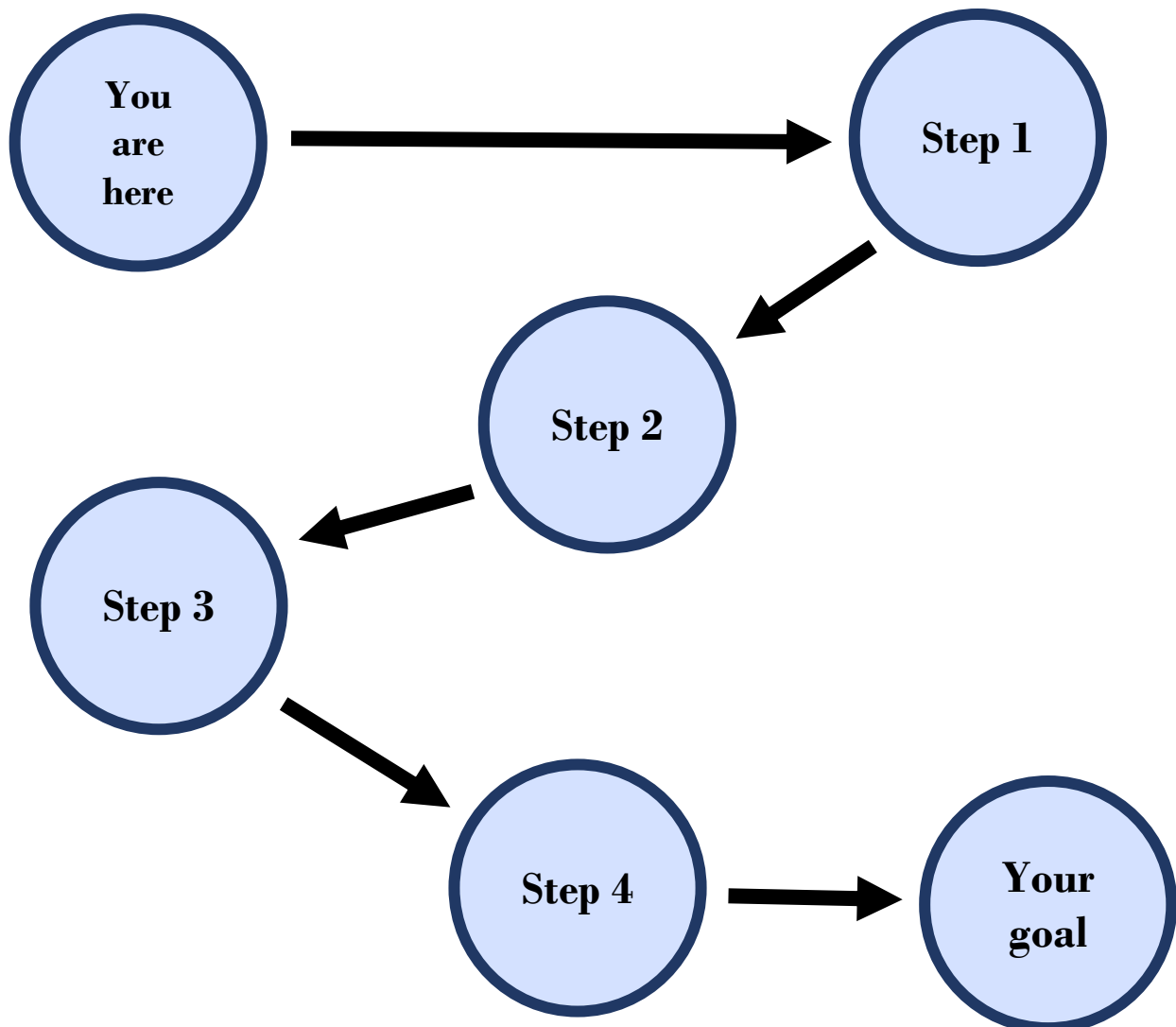
# Journey Mapping

Think of your goals as the destination and the hard work necessary for achieving them as the journey.

Break up your goals into a series of steps, that make it easier for you to stay on track and achieve your goals.

For example, your goal is to organise an event. Your steps might be:

- Plan the event
- Hire a venue
- Organise entertainment or exhibitors
- Organise insurance and licences
  - Design and print flyers
- Advertise in local businesses and on social media
  - Sell tickets
  - Host the event



# Career Goals

List all of your career goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# Finance and Wealth Goals

List all of your finance and wealth goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# Personal Development Goals

List all of your personal development goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# Leisure Goals

List all of your leisure goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# Health Goals

List all of your health goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.



# Relationship Goals

List all of your relationship goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# Community Goals

List all of your community goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# January Goals

List all of your January goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# February Goals

List all of your February goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# March Goals

List all of your March goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# April Goals

List all of your April goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# May Goals

List all of your May goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# June Goals

List all of your June goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.



# July Goals

List all of your July goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# August Goals

List all of your August goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# September Goals

List all of your September goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# October Goals

List all of your October goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# November Goals

List all of your November goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# December Goals

List all of your December goals. Remember to use SWOT analysis, SMART planning and journey mapping. Continue on extra paper if you need to.

# 2021 Objective

Thinking back to your answers in your review of 2020 and the goals you have set throughout this document, now create your intention for 2021 and beyond.

**What will my life look like on 31<sup>st</sup> December 2021?**

**What are my top 3 goals, my no matter what's?**

- 1.
- 2.
- 3.

**What values will I lead with throughout 2021?**

**What affirmations will I meditate on during 2021?**

**How will I fulfil my roles in 2021? (e.g. partner, mum, neighbour, student, team member)**