



Caffeinated Chaos

2015

Game Plan

This is a working document to help keep you accountable throughout the year. Instead of writing down your yearly goals once and not returning to them, go back monthly and record your progress on each goal.

At the end of the year you will have an overview of what you've accomplished and a picture of what you need to work on. These are goals that I've put together, please add your own and edit these to fit your life.

Work

Make \$_____ for the year
(\$_____ Monthly)

*Write down your income each month to keep you accountable to your goal.

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

Acquire New Certifications

*What new certifications do you want to earn this year to further your career?

- .
- .
- .

Blog Weekly:

*Write down a topic to focus on for each month to help guide your blogging

January Theme:

February Theme:

March Theme:

April Theme:

May Theme:

June Theme:

July Theme:

August Theme:

September Theme:

October Theme:

November Theme:

December Theme:

Notes:

Self Improvement

Lose ____ lbs. by the end of June

*Record your weight at the end of every month

January:

February:

March:

April:

May:

June:

Workout 5x/week

*Mark what you do each day on your calendar

Run 2x/week

Strength Train 2x/week

Fun Workout 1x/week

Yoga/Stretch 1x/week

Rest day 1x/week

Learn a new language

*Which books or online learning tools do you plan to complete this year

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Read at least 1 new book/month

*Record which book you read each month. Was it a fun read or educational?

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

Volunteer 1x/month

*Write down where you volunteered each month

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

Notes:

Relationships

Date Night with the Hubby

*What/Where were your date nights each month?

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

Catch up with 1 friend each month

*Plan a lunch date or a special phone call with someone you need to catch up with

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

Notes:

Get Organized

Get Organized

* Focus on one part of your life each month to cleanse, re-focus and re-organize.
(ex. Clean closet, reorganize file cabinet, clean out the fridge)

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

Limit spending to \$_____ a month on _____

*What are your savings goals? Record your spending each month to keep you accountable.

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

Travel

*Whether it's a quick weekend getaway, daytrip or a week at the beach, plan your travel for 2015

January:

February:

March:

April:

May:

June:

July:

August:

September:

October:

November:

December:

Notes: