

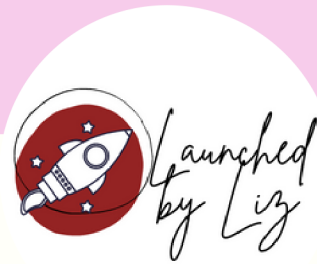


2023

GOALS

template

Launched by Liz



Hi there and Happy New Year!

I know the New Year can often feel both exciting and overwhelming... There's so much you want to accomplish, but you might not know where to start.

That's where I come in! As an experienced career coach (and recent MIT grad and corporate girly), I KNOW how important it is to set goals you can actually stick to.

I've put together this easy-to-use template so that you can brainstorm your goals and write out what you want to accomplish.

My best advice? **Choose 1-3 big goals for the year (or 1 goal in each important area of your life), and break those goals down into small tasks. Put those tasks in your planner and check back in with this worksheet every month or quarter to see how you're doing!** I know you can do whatever you set your mind to. For more tips and advice on how to set your 2023 goals, [check out my latest blog post.](#)

Tag me on [Instagram](#), [TikTok](#), or [Youtube](#) @LaunchedbyLiz as you strive towards your goals. I'm so excited to see all that you will achieve!

Xo,

Liz



# BRAINSTORM

Use the examples on these pages to brainstorm what you'd like to accomplish in 2023!

## career goals

get promoted

get a raise

lead a training at work

become a people manager

---

change industries

---

## financial goals

save \$500 per month for a car down payment

---

start investing to become a homeowner

save 3 months of salary to create an emergency fund

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*Launched by Liz*



# BRAINSTORM

Use the examples on these pages to brainstorm what you'd like to accomplish in 2023!

## health goals

meditate every day

---

spend more time away from screens

---

exercise 3x per week

---

take a break from social media

---

## new skills

learn to use LinkedIn to network effectively

---

gain one certification

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# SETTING SMART GOALS

Now that you've brainstormed, you should better understand what you want to accomplish this year!

Before setting your goals in stone, we need to make sure they meet the SMART criteria. This will help your goals feel attainable AND easier to track.

## What are SMART goals?

**Specific:** Try to make your goals as specific as possible. This will help you determine the small steps you need to take in order to accomplish them.

**Measurable:** How will you measure your progress? Ensure your goals are something you can track and measure so that you'll feel accomplished and sure of yourself throughout the year.

**Achievable:** Are your goals achievable this year? You are more likely to stick to your goals if you feel like you can definitely accomplish them.

**Relevant:** Do your goals push you closer to your long-term vision? Think about where you want to be in five years and consider whether your goals for 2023 will help you get there.

**Time-bound:** Even if there is no external deadline for your goal (like a scheduled half-marathon or grad school start-date), come up with one for yourself. Keeping yourself on a schedule will help you stick to your goals.

*Launched by Liz*

# 2023 GOALS

Use your brainstorming worksheet and what you just learned about SMART goals to write your goals for 2023!

## GOAL 1

**what small steps can you take to achieve your goal? how often?**



# 2023 GOALS

Use this page to write down where you want to be at each checkpoint during the year. Then come back to complete it and track your progress!

## GOAL 1: CHECK IN

	Where do you want to be?	Progress Check-In (Where are you at?)
3 months		
6 months		
9 months		
12 months		

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# 2023 GOALS

Use your brainstorming worksheet and what you just learned about SMART goals to write your goals for 2023!

## GOAL 2

**what small steps can you take to achieve your goal? how often?**





# 2023 GOALS

Use this page to write down where you want to be at each checkpoint during the year. Then come back to complete it and track your progress!

## GOAL 2: CHECK IN

	Where do you want to be?	Progress Check-In (Where are you at?)
3 months		
6 months		
9 months		
12 months		

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# 2023 GOALS

Use your brainstorming worksheet and what you just learned about SMART goals to write your goals for 2023!

## GOAL 3

**what small steps can you take to achieve your goal? how often?**



# 2023 GOALS

Use this page to write down where you want to be at each checkpoint during the year. Then come back to complete it and track your progress!

## GOAL 3: CHECK IN

	Where do you want to be?	Progress Check-In (Where are you at?)
3 months		
6 months		
9 months		
12 months		

*Launched by Liz*



# 2023 GOALS

Use your brainstorming worksheet and what you just learned about SMART goals to write your goals for 2023!

## GOAL 4

**what small steps can you take to achieve your goal? how often?**



# 2023 GOALS

Use this page to write down where you want to be at each checkpoint during the year. Then come back to complete it and track your progress!

## GOAL 4: CHECK IN

	Where do you want to be?	Progress Check-In (Where are you at?)
3 months		
6 months		
9 months		
12 months		

*Launched by Liz*





# NOTES



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