

# GOAL SETTING & TRACKING

## MY 2013 GOALS

THIS YEAR'S THEME:

MY CAREER

MY MONEY

MY TRAVELS

GOAL-SETTING IS BOTH AN ART AND A SCIENCE.

Head over to [www.facebook.com/gogetterplanner](http://www.facebook.com/gogetterplanner) for different goal-setting styles and advice.

MY BODY

MY MIND

PERSONAL

### WHAT'S YOUR THEME FOR 2013?

Claim an encompassing theme for your year. This can serve as your guide so all your goals are focused and consistent. (Check back on our Facebook page for more tips on how to come up your annual theme.)

### QUARTERLY GOAL-TRACKING

Usually, goals set at the beginning of the year are forgotten by the time March rolls in. *That's why* we put in the quarterly goal-tracker. It serves as a good whack on the head every three months to keep you on track and always motivated!