

dearie | that girl lofi

the soft goal setting planner

a gentle way to set goals without
turning them into a personality crisis

*“you don’t need a new system.
you just need one honest question
and somewhere to write the answer.”*

print this planner. find a pen. skip anything that doesn't apply.

goals live best when they're specific and a little kind.

PART ONE

the big picture

not a five-year plan. just three things you actually want, written honestly.

goal 1

THE GOAL (BE SPECIFIC):

WHY IT MATTERS TO YOU:

WHAT WOULD IT FEEL LIKE WHEN DONE?

goal 2

THE GOAL (BE SPECIFIC):

WHY IT MATTERS TO YOU:

WHAT WOULD IT FEEL LIKE WHEN DONE?

goal 3

THE GOAL (BE SPECIFIC):

WHY IT MATTERS TO YOU:

WHAT WOULD IT FEEL LIKE WHEN DONE?

PART TWO

the monthly breakdown

smaller doors, same destination. what happens this month?

this month

THE ONE THING TO MOVE FORWARD:

ONE SMALL ACTION THIS WEEK:

WHAT MIGHT GET IN THE WAY?

next month

THE ONE THING TO MOVE FORWARD:

ONE SMALL ACTION THIS WEEK:

WHAT MIGHT GET IN THE WAY?

the month after

THE ONE THING TO MOVE FORWARD:

ONE SMALL ACTION THIS WEEK:

WHAT MIGHT GET IN THE WAY?

PART THREE

the honest check

return here at the end of the month. no judgment. just information.

WHAT ACTUALLY MOVED FORWARD?

WHAT STALLED, AND WHY (NO BLAME, JUST TRUTH)?

WHAT AM I WILLING TO DO DIFFERENTLY?

WHAT DO I WANT TO REMEMBER FOR NEXT MONTH?

ONE THING I AM PROUD OF, HOWEVER SMALL:

goals are allowed to change. trying still counts. ■