

## 1 Month Goal Setting Summary Example

Month Jan

### Category Finance goals

#### Business

1. Secure the Tailor contract to receive £5000 revenue - Jan 15<sup>th</sup>
2. Ask personnel about the tax reduction in my wage last month - Jan 10<sup>th</sup>

#### Personal

3. Cash in the ISA to pay the credit card - Jan 29<sup>th</sup>
4. Save £50 per month in the new account - Jan 5<sup>th</sup>
5. Start a new ISA - Jan 31<sup>st</sup>
6. Pay the car insurance, set up a direct debit - Jan 16<sup>th</sup>

### Category Health goals

1. Get back to the gym on Monday and Thursdays - Jan 3<sup>rd</sup> and weekly ongoing
2. Ask Debbie to run with me on Saturday mornings - Jan 5<sup>th</sup> and weekly ongoing
3. Reduce caffeine and alcohol to 1 cup a day and weekend drinking - Jan 10<sup>th</sup> and ongoing
4. Enquire about a detox course at the gym, ring and speak to reception - Jan 4<sup>th</sup>
5. Book in for a massage - Jan 20<sup>th</sup>

### Category Work goals

1. Speak to manager about the promotion and whether to apply - Jan 4<sup>th</sup>
2. Book on new study course - Jan 4<sup>th</sup>
3. Sort out flexi time and allocate holidays for next 6 months - Jan 10<sup>th</sup>
4. Call team meeting to assess progress with Brook case - Jan 6<sup>th</sup>