

## MONTHLY GOALS WORKSHEET

Using the Monthly Goal Setting worksheet below, write down your most important goals for the month and fill in the action steps that you will perform each day to achieve those goals. At the end of the month, reflect on the 4 weeks and note your accomplishments and how you can make adjustments for next month.

Areas to consider setting goals include:

- Exercise
- Diet
- Mental health
- Career
- Relationships (family, friends, romantic)
- Spiritual
- Finance
- Personal development
- Recreation and hobbies
- Menopause education

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**Month & Year:** \_\_\_\_\_

**Goal:** \_\_\_\_\_

Action Steps:

Completed?

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Goal:** \_\_\_\_\_

Action Steps:

Completed?

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Goal:** \_\_\_\_\_

Action Steps:

Completed?

Notes:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_