

Make the Most of Your Planner: Goal Setting Tips for the New Year

As January 1st approaches, I wanted to take a moment to share some thoughts about goal setting. While we're still in galus and go by the secular calendar for many things, we can still use this time to reflect and plan for a productive year ahead.

Here's how to make the goal-setting section of your planner work for you:

1. **Identify Your Most Urgent Goals**

Take a moment to think about what's most important to you for the upcoming year. Choose a few top goals that you feel are urgent and meaningful. Keep it simple but focused—these goals should excite you and move you forward.

2. **Write Your Goal at the Top of the Page**

Make sure each goal is a SMART goal:

- **Specific:** What exactly do you want to accomplish?
- **Measurable:** How will you track progress?
- **Achievable:** Is this goal realistic for you right now?
- **Relevant:** Does this goal align with your values and priorities?
- **Time-bound:** When will you complete it?

Example of a SMART Goal:

Instead of saying, *"I want to get organized,"* say, *"I will declutter my bedroom by January 15th by sorting through one category each week, starting with clothing on January 1st."*

3. **Set Start Dates and Deadlines**

Once you've identified your goal, write down when you'll begin and set a realistic deadline. This will keep you accountable and help you stay on track.

4. **Break It Down into Action Steps**

Underneath your goal, use the action steps chart to map out everything you need to do to accomplish it:

- In the **Action Steps** column, list each step in detail.
- In the **Due By** column, assign a deadline for each step.
- Once you've completed a step, check it off in the **Done** column—it's so satisfying to see your progress!

Extra Tip:

If you find you need more space to map out your goals and action steps, don't worry! I usually grab a blank piece of paper for the extra planning.



You don't need to keep all the SMART goal details in your planner, but if you'd prefer everything in one place, you can always take a weekly page from your planner and use that for your goal planning. (Add a new tab so that you can flip back to it if you need to.) It's flexible, so make it work for you!

Track Your Progress:

At the bottom of the goal-setting page, you'll find a space to mark off your achievement rate—from 10% to 100%—as you work toward completing your goal. Seeing your progress grow is incredibly satisfying and will keep you motivated!

✨ Remember, the key to success is consistency. But don't forget that ultimately everything is in Hashem's hands. Each small step adds up to big results, and it's a beautiful way to honor the opportunities Hashem has given us to grow and achieve.

Let's make this year an incredible one! If you have any questions or need help setting up your goals, feel free to reach out—I'm here for you!

Warmly,
Ellie Azerad
Frum Minimalism

P.S. Don't forget to check in on your goals regularly! Reviewing your planner each week will help you stay on top of things and adjust as needed. 😊