

QUARTERLY GOALS

MAPPING

GUIDE



Quarterly Goals MAPPING GUIDE



Use this Quarterly Goals Mapping Guide to help you flesh out your goals as you move through the year.

BIG DREAM FOR THE YEAR: _____

QUARTERLY BREAKDOWN:

Q1

THE LAUNCHPAD (JANUARY-MARCH)

- **Specific Goal** (e.g., Complete the first three chapters of my novel):

- **Measurable Target** (e.g., Write 10,000 words or write 1000 words daily):

- **Achievability Scale** (1-10):

- **Connection to Big Dream:**

- **Deadline:**

- **Task Breakdown** (List specific tasks to achieve the goal; e.g., outline chapters, create character profiles, write synopsis, etc.):

Q2

THE SPRINT (APRIL-JUNE)

- **Specific Goal:**

- **Measurable Target:**

- **Achievability Scale (1-10):**

- **Connection to Big Dream:**

- **Deadline:**

- **Task Breakdown** (List specific tasks to achieve the goal; e.g., outline chapters, create character profiles, write synopsis, etc.):



REFLECTION AND ADJUSTMENT: MID-YEAR CHECK-IN (JULY):

- What progress have you made towards your big dream so far?

- Have you encountered any unexpected challenges?
How did you overcome them?

- Were any of your goals easily met? If so, which ones and what made them achievable?

- Is there a need to adjust your goals for the remaining quarters? If yes, how?

Q3

THE REFINEMENT (JULY-SEPTEMBER)

- Specific Goal:

- Measurable Target:

- Achievability Scale (1-10):

- Connection to Big Dream:

- Deadline:

- Task Breakdown:



Q4

THE GRAND FINALE (OCTOBER-DECEMBER)

- Specific Goal:

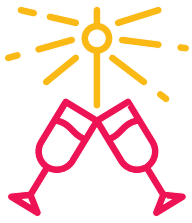
- Measurable Target:

- Achievability Scale (1-10):

- Connection to Big Dream:

- Deadline:

- Task Breakdown:

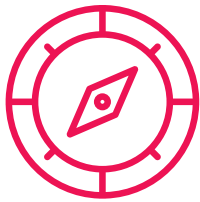


CELEBRATE YOUR WINS:

- List three achievements or milestones you've celebrated so far.

- How did you reward yourself for these achievements?

FINAL THOUGHTS



Congratulations on taking the first step toward a goal-driven year! Remember, this worksheet is your compass, guiding you through each quarter of your writing journey. Adjust as needed to fit your needs—and good luck!