**Personal and Professional Goals [YEAR]**

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| Personal Goals & Achievements | Jan. | Feb. | March | April | May | June | July | Aug. | Sept. | Oct. | Nov. | Dec. |
| Health |  |  |  |  |  |  |  |  |  |  |  |  |
| Family |  |  |  |  |  |  |  |  |  |  |  |  |
| Friendships |  |  |  |  |  |  |  |  |  |  |  |  |
| Partner relationship |  |  |  |  |  |  |  |  |  |  |  |  |
| Pet(s) |  |  |  |  |  |  |  |  |  |  |  |  |
| Home |  |  |  |  |  |  |  |  |  |  |  |  |
| Community Involvements |  |  |  |  |  |  |  |  |  |  |  |  |
| Travel |  |  |  |  |  |  |  |  |  |  |  |  |
| Writing Projects |  |  |  |  |  |  |  |  |  |  |  |  |
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| Professional Goals & Achievements | Jan. | Feb. | March | April | May | June | July | Aug. | Sept. | Oct. | Nov. | Dec. |
| Teaching |  |  |  |  |  |  |  |  |  |  |  |  |
| Research Project(s) |  |  |  |  |  |  |  |  |  |  |  |  |
| Research Writing Submissions |  |  |  |  |  |  |  |  |  |  |  |  |
| Conference Presentations |  |  |  |  |  |  |  |  |  |  |  |  |
| Applications (Conferences, Fellowships, Research Programs) |  |  |  |  |  |  |  |  |  |  |  |  |
| Funding Applications |  |  |  |  |  |  |  |  |  |  |  |  |
| Service  Volunteer Work |  |  |  |  |  |  |  |  |  |  |  |  |
| Consultancy Work |  |  |  |  |  |  |  |  |  |  |  |  |
| Travel |  |  |  |  |  |  |  |  |  |  |  |  |
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This template can be adapted for your particular goals.

**Pro tip:** Set a schedule to establish annual goals at the same time each year, and to review your goals regularly throughout the year. At the end of the annual cycle, reflect on your achievements and adjustments you had to make along the way. Incorporate this goal setting and review process into your reflective practice for ongoing personal and professional growth.