

Balanced Life Goal Planner

Gentle Planning for Holistic Growth

Step 1: Center Yourself

What's true for you right now?

Before diving into goals, take a breath and check in with your inner landscape.

Today I feel:

My current energy level (1–10):

What's been calling for my attention lately?

(This might be an unmet need, a persistent thought, or a quiet inner nudge.)

Step 2: Choose Your Focus Areas

Pick 2–3 life zones that feel most meaningful for this season. You don't have to choose them all. Let your energy guide you.

- ☐ Work / Creative Projects
- ☐ Health / Energy
- ☐ Relationships / Community
- ☐ Personal Growth / Joy
- ☐ Spirituality / Inner Life
- ☐ Environment / Home

Step 3: Define One Gentle Goal Per Area

For each chosen area, set a “minimum viable goal”—something doable even on low-energy days. Small steps still count.

1. Work / Creative Projects | List one tiny action:

2. Health / Energy | List one nourishing habit:

3. Relationships / Community | List one connection point:

4. Personal Growth / Joy | List one joy-sparking activity:

5. Spirituality / Inner Life | List one grounding ritual:

6. Environment / Home | List one soothing change:

Step 4: Plan for Rest + Flexibility

What might rest look like this season?

What helped or hindered my progress?

Is there a “reset ritual” I can use when I feel off track?

Step 5: Monthly Gentle Check-In

Set a date to revisit your goals. Check in without judgment.

Did I follow through in ways that felt kind to me?

How can I offer myself grace when things don't go as planned?

Is there a "reset ritual" I can use when I feel off track?

My next check-in date: _____