MAKE 2027 YOUR BEST YEAR EVER

THE YGYL GOAL PLANNER

Your goals. Your life. Your way.

A practical workbook to choose what matters, turn it into a plan and take the next step.

Name (optional)

Date

You do not need to plan your whole life at once. Start with one meaningful goal and a next step you can take this week.

How to use this planner

Set aside 30–45 minutes. Answer honestly rather than perfectly. Choose one to three priorities, then select one primary goal for the next 90 days. Review it weekly and adapt when life changes. Your answers are for your own reflection; share only what you choose.

1. Look back on 2026

What went well? What am I proud of?

_____

_____

_____

What drained my time or energy?

_____

_____

What did I learn about what matters to me?

_____

_____

What would I like to do differently in 2027?

_____

_____

2. Life audit: six pillars

Rate current satisfaction from 1 (needs attention) to 10 (feels strong). These are reflection prompts, not a diagnosis or objective ranking.

Pillar	Rating 1–10	What is working?	What would I change?
Health & Vitality	____	_____	_____
Money & Freedom	____	_____	_____
Career & Business	____	_____	_____
Love & Relationships	____	_____	_____
Personal Growth & Experiences	____	_____	_____
Purpose & Meaning	____	_____	_____

Which area would make the biggest positive difference if it improved?

_____

_____

Which area could I make progress in with a small action?

_____

_____

3. Choose your priorities

If only three things improved in 2027, what would matter most?

_____

_____

_____

Which goal matters most right now—and why?

_____

_____

What am I willing to pause, reduce or change to make room?

_____

_____

Is this goal genuinely mine, or mainly someone else's expectation?

_____

_____

4. Define one clear goal

My goal is to _____ by _____.

_____

_____

I will measure success by…

_____

_____

My starting point is…

_____

_____

This matters to me because…

_____

_____

My first action within seven days is…

_____

_____

5. Check feasibility

A useful plan respects the life you actually have. If a target does not fit your time or resources, adjust the target or timeline—not your self-worth.

How much time can I realistically give each week?

_____

_____

What costs, tools, skills or learning might be required?

_____

_____

What constraints or safety questions should I check before starting?

_____

_____

What could make the deadline unrealistic? What smaller version would still be worthwhile?

_____

_____

_____

6. Map the 90 days

Days 1–30: prepare and establish the first routine

Milestone / evidence of progress

_____

Actions and review date

_____

Days 31–60: build consistency and review evidence

Milestone / evidence of progress

_____

Actions and review date

_____

Days 61–90: adjust, complete a milestone and choose what comes next

Milestone / evidence of progress

_____

Actions and review date

_____

7. Prepare to succeed

- ■ I know the first action and when I will do it.
- ■ I have the basic tools, resources or learning materials.
- ■ I have made space in my calendar.
- ■ I have considered foreseeable costs and constraints.
- ■ I have identified a support option if I want one.
- ■ I have a backup plan for a difficult week.

Who or what could support me? (Only contact others with their agreement.)

_____

_____

What will make the desired action easier to start?

_____

_____

8. Plan for obstacles

If _____ happens, then I will _____.

_____

_____

If I miss a week, my restart action will be…

_____

_____

If the goal proves too demanding, I will adjust…

_____

_____

9. Weekly review

Use this once a week. Ten minutes is enough. The purpose is to learn and choose the next step—not to judge yourself.

What did I plan?

_____

What did I complete?

_____

What helped?

_____

What got in the way?

_____

What did I learn?

_____

What is the smallest useful next step?

_____

When will I schedule it?

_____

10. Commitment and final reflection

My chosen goal is important to me. I will take practical steps, review honestly and adapt when needed. I understand progress may not be linear, and I can seek qualified advice when a goal involves professional health, financial or legal decisions.

Signature / date (optional)

_____

At the end of 90 days: what changed and what evidence shows progress?

_____

_____

_____

What did I learn? What will I celebrate?

_____

_____

What will I continue, stop or change? What goal might come next?

_____

_____

YGYL provides educational goal-setting and accountability resources, not medical, psychological, legal, tax or personalised financial advice. Outcomes are not guaranteed.

A little more space for your best life in 2027

What else would help you make 2027 your best year ever? Write freely · ideas, hopes, reminders, people, habits, experiences or anything you want to remember and make room for.