

Weekly Goal-Setting Template

Week of: _____

Pray Over Your Goals: Ask God to guide you as you prioritize your week.

Top 3 Weekly Goals:

1. _____
2. _____
3. _____

Daily Focus Areas:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: Rest and Reflection

Appointments & Commitments:

Date & Time: _____ Event: _____

Date & Time: _____ Event: _____

Date & Time: _____ Event: _____

Meal Planning:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Gratitude List:

List 3 things you are thankful for this week:

1. _____

2. _____

3. _____

Bible Verse to Reflect On:

End-of-Week Reflection:

What went well this week? _____

What could be improved? _____
