



THE MODERN WOMAN  
MASTERMIND®

# Time-Saving Goal Setting Sheets.

A Step-by-Step Approach for 2024.



# ★ Goals Brainstorming *Jam* ★

Write them all your ideas. No order. No judging. Just do it.

PERSONAL

CAREER

RELATIONSHIPS

FINANCIAL

HEALTH

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# *I woke up* like this!

In the present moment, write your ideal life from morning to night.

## HOW DO YOU FEEL WHEN YOU WAKE UP?

Where do you sleep? Are you alone or with someone else?

How do you feel in the morning? Are there any sounds? Scents?  
What is the first thing you do? What do you do for the rest of the day?

What do you do at night? Who are you surrounded by?

★ This is YOUR life. You design it as you please. ★

# Goals & Intentions

Choose 10 Goals or "Intention" by referencing your Brainstorming Jam and Vision Board . This can be done in any order after using the brainstorming sheet.

 <b>#1</b> Goal & Intention	<input type="checkbox"/> Started	<input type="checkbox"/> Done
 <b>#2</b> Goal & Intention	<input type="checkbox"/> Started	<input type="checkbox"/> Done
 <b>#3</b> Goal & Intention	<input type="checkbox"/> Started	<input type="checkbox"/> Done
 <b>#4</b> Goal & Intention	<input type="checkbox"/> Started	<input type="checkbox"/> Done
 <b>#5</b> Goal & Intention	<input type="checkbox"/> Started	<input type="checkbox"/> Done
 <b>#6</b> Goal & Intention	<input type="checkbox"/> Started	<input type="checkbox"/> Done
 <b>#7</b> Goal & Intention	<input type="checkbox"/> Started	<input type="checkbox"/> Done
 <b>#8</b> Goal & Intention	<input type="checkbox"/> Started	<input type="checkbox"/> Done
 <b>#9</b> Goal & Intention	<input type="checkbox"/> Started	<input type="checkbox"/> Done
 <b>#10</b> Goal & Intention	<input type="checkbox"/> Started	<input type="checkbox"/> Done

# *Vision* ✨ BOARD

A **Vision Board** is a tool that helps you visualize your ideal self. Add images that resonate with the person you want to tap into for the year or any new moment.

Feel free to draw or clip any images to help you with this visualization. **Tip:** You can also search for the images online, print them out and paste them here!

✨ MY KEYWORD FOR THE YEAR IS:

✨ MY AFFIRMATION FOR THE YEAR IS:

✨ MY MANTRA FOR THE YEAR IS:

# Top 3 GOALS

Now, choose the goals you'd absolutely **love** to see achieved for 2024.

★ 1

---

---

★ 2

---

---

★ 3

---

---

## *Actions to take*

★ 1

---

---

★ 2

---

---

★ 3

---

---

Please don't skip this step. There is no action step too small. Then, **enter your action steps and goals** by the **month** you see this happening.

# *My Yearly Goals* Calendar

**Q1**

**Q2**

**Q3**

**Q4**

JANUARY

APRIL

JULY

OCTOBER

FEBRUARY

MAY

AUGUST

NOVEMBER

MARCH

JUNE

SEPTEMBER

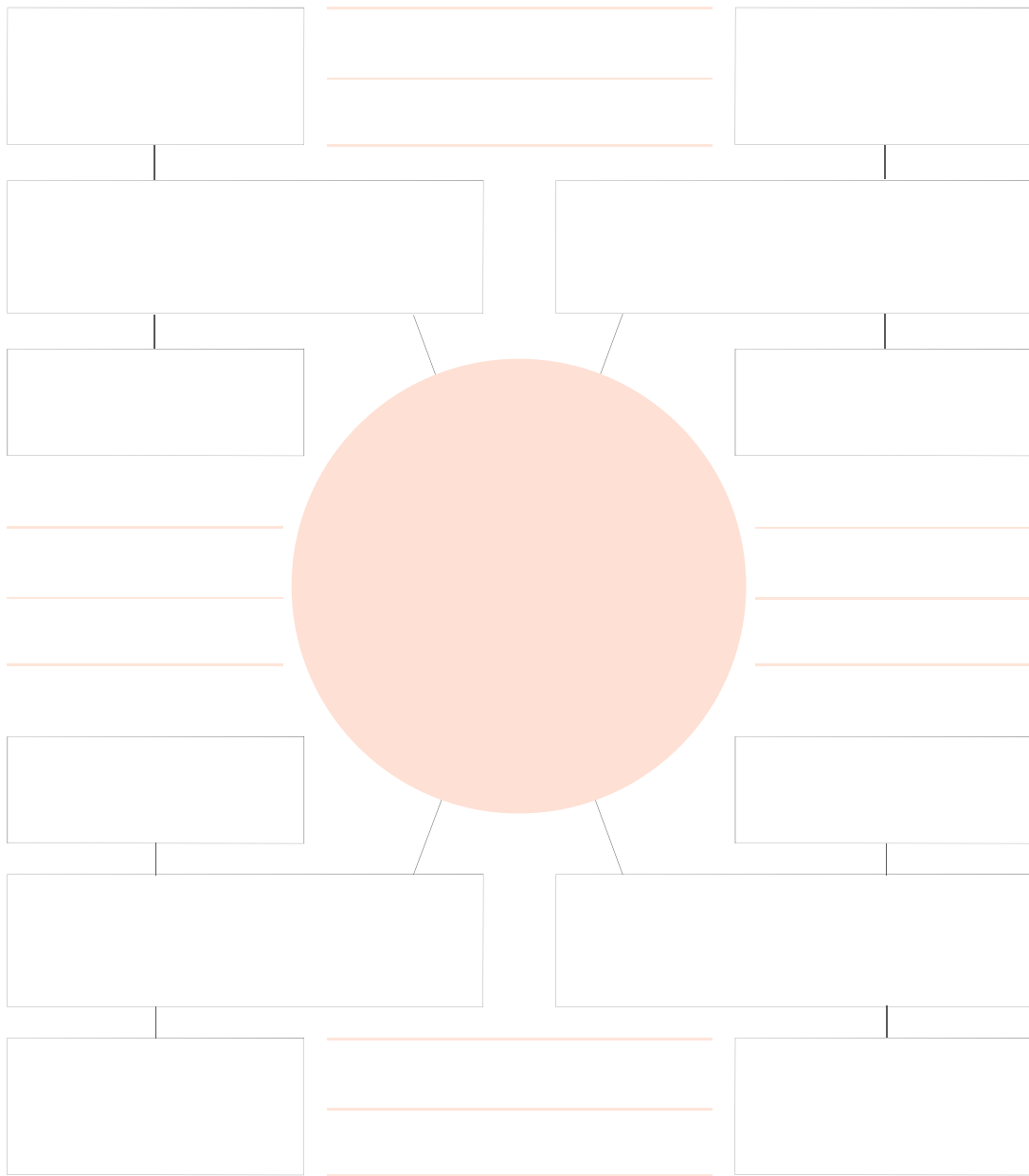
DECEMBER



# Mind MAP











When we have too many thoughts to sort, a mind map is a **wonderful tool** to help us break down steps to **achieve goals**.

1. Write down the major goal in the center circle.
2. Write down the next 4 steps in the corresponding branches.
3. Continue adding other steps as you see fit.





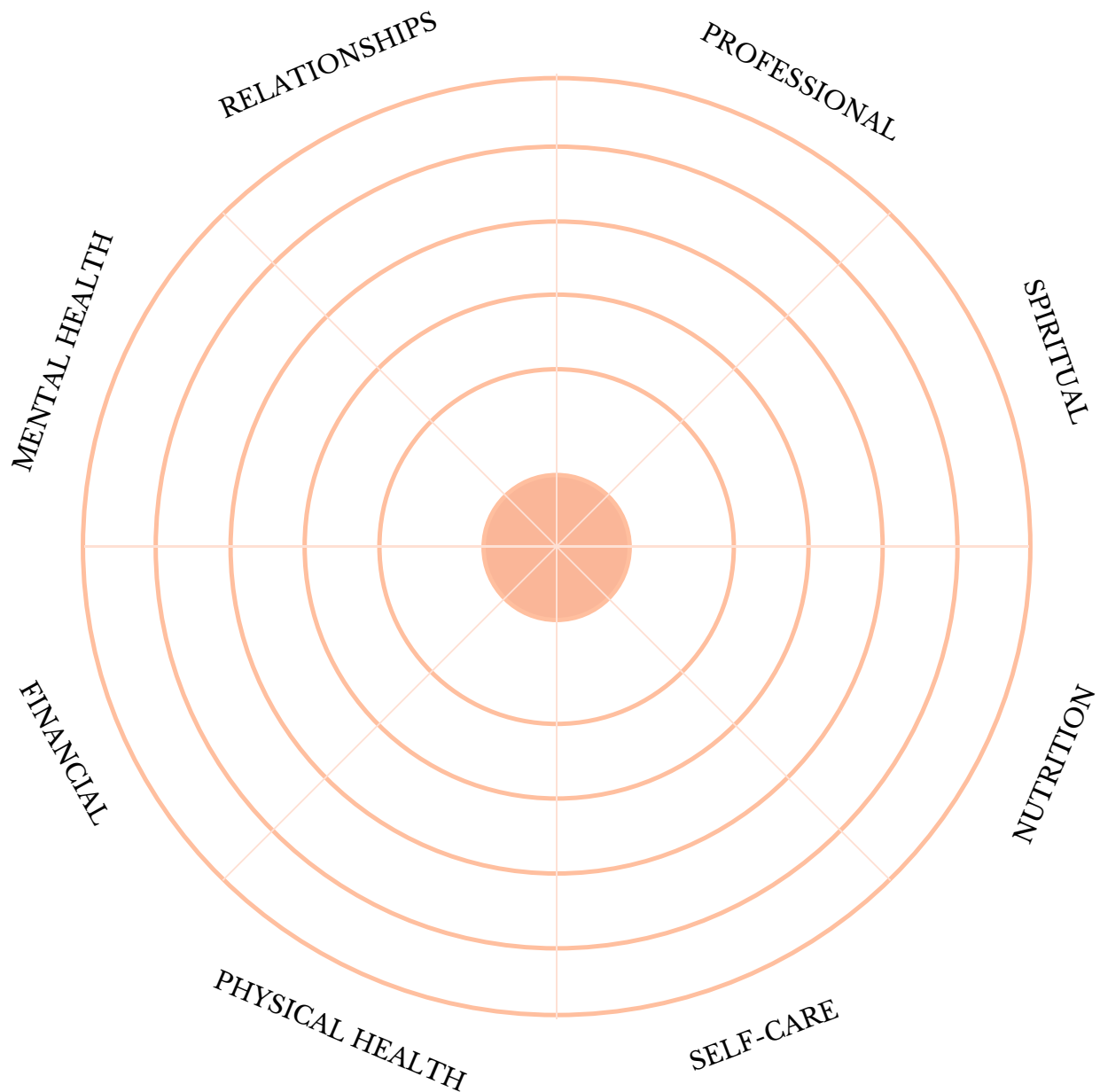
# List of the things I love

 #1	<b>11 TIPS ON NEVER EVER GIVING UP</b>  1. MAKE A DECISION  2. KNOW WHY  3. VISUALIZE THE END RESULT  4. DON'T LET A BUMP IN THE ROAD END YOUR TRIP  5. LEARN TO WEATHER EVERY STORM  6. ENJOY THE RIDE  7. BREAK IT DOWN  8. REWARD YOURSELF  9. USE INSPIRATION  10. DON'T GET STUCK ON ONE WAY  11. GROW A THICK SKIN
 #2	
 #3	
 #4	
 #5	
 #6	
 #7	
 #8	
 #9	
 #10	

# Wellness Wheel

The Wellness Wheel is an illustration of diverse areas of your life. This graphic helps you see the areas that you can work on in order to have a **well-rounded and balanced lifestyle**.

Think about your lifestyle and fill in/color in each section based on your current actions. The closer to center, the more you need to work on said aspect.





# ✦ Inspiration ✦

Whenever you doubt yourself, or feel fear creep up,  
refer to this list of **accomplishments and great moments.**

Accomplishments and insights:

- #1 \_\_\_\_\_
- #2 \_\_\_\_\_
- #3 \_\_\_\_\_
- #4 \_\_\_\_\_
- #5 \_\_\_\_\_
- #6 \_\_\_\_\_
- #7 \_\_\_\_\_
- #8 \_\_\_\_\_
- #9 \_\_\_\_\_
- #10 \_\_\_\_\_

Write something wonderful \_\_\_\_\_  
about yourself:  
\_\_\_\_\_  
\_\_\_\_\_

✦ Best Day

✦ Reflections

✦ Grateful for

# Things I am *grateful* for

“Look at what you have and start there. It's more than most people around the world have.”

-Joselyn Martinez

#1

---

#2

---

#3

---

#4

---

#5

---

#6

---

#7

---

#8

---

#9

---

#10

---

# Things to remember / *Insights*

#1

---

#2

---

#3

---

#4

---

#5

---

#6

---

#7

---

#8

---

#9

---

#10

---

# 2024 *Yearly Review*

✦ What major goals did I accomplish?

---

---

---

---

---

---

---

---

---

---

✦ What lessons did I learn?

---

---

---

---

---

---

---

---

---

---

Now it's time to give yourself a well-deserved reward.

# 2024 *Yearly Review*

✦ What am I most proud of in 2024?

---

---

---

---

---

---

---

---

---

---

✦ What was my biggest challenge and how did I overcome it?

---

---

---

---

---

---

---

---

---

---

Now it's time to give yourself a well-deserved reward.



# 2024 *Yearly Review*

✦ What would I like to change for next year?

---

---

---

---

---

---

---

---

---

---

✦ What am I willing to release and work on for next year?

---

---

---

---

---

---

---

---

---

---

Now it's time to give yourself a well-deserved reward.

# 2024 *Yearly Review*

✦ In what ways did I grow personally, professionally and emotionally throughout the year?

---

---

---

---

---

---

---

---

---

---

✦ What am I ready to focus on next?

---

---

---

---

---

---

---

---

---

---

Now it's time to give yourself a well-deserved reward.







# Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

We have made every effort to ensure the accuracy of the information presented in this planner but please note we cannot be held liable for any errors, omissions, or inconsistencies.

© 2023 Joselyn Martinez Inc. All rights reserved.



Joselyn Martinez is a **business consultant for modern entrepreneurs**. A sassy, nerdy Latina, based in NYC, she's the Founder and CEO of Joselyn Martinez, Inc., where she specializes in brand consulting, masterminds, courses, and planning tools designed to **help modern women confidently create businesses that meet their lifestyle needs and passions--** all by harnessing their innate brainpower and creativity. Joselyn's powerful signature approach involves the **unique combination of personal development and branding**. When you're ready to find the support, community, and accountability you need to help you feel more at ease and accomplished in life and in business, you need Joselyn Martinez.

To learn more, click [here](#)

