

# Goals Journal

*for living a purposeful  
mama life*

<https://mamarissa.com/>

# Motherhood Timeline Goals

*Use this space for expressing your desires about how many kids you'd like to have, how far apart in age you want them to be, when you'd like to be done having children, etc. This is for the purpose of stating your desires rather than actually trying to plan out exactly how things are going to happen.*

[illegible]

[illegible]

## Attitude Goals

*What areas of life are you unhappy about? What do you wish was different? What has disappointed you about where you are at in life right now? Express those feelings and then write positive statements about those situations to intentionally redirect your thinking each day.*

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Handwriting practice lines consisting of 20 horizontal lines within a decorative border.



## Parenting Goals

*Think about the stages your kids are in and what they are needing from you versus what you are giving them right now. List both the ways in which you are succeeding at meaningfully connecting with and directing your children as well as ways you can improve.*

[illegible]

[illegible]

## Career Goals

*Where were you at with a career or education when you started having children? How has having children changed the course of your career? What would you like to be doing now to head in the direction you ultimately would like to go? What are your future plans for a career, if any?*

[illegible]



Handwriting practice lines consisting of 20 horizontal lines.

## Spiritual Goals

*Discuss what your spiritual life looks like right now. Describe what it used to be and what you would like it to look like ideally. State what you need to do in order to get to where you'd like to be.*

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## Relationship Goals

*Think about the most important and influential relationships in your life besides your kids. How have they changed as a result of being a parent? What is better, harder, or simply different about those relationships since you had children? What can you do (practically and/or with your attitude) to positively build up those relationships?*

[illegible]

Handwriting practice lines consisting of 20 horizontal lines.

## Health Goals

*Write down specific things you want to change or improve about your physical, mental and emotional health. Also write down ways in which you are succeeding at living healthy as well as ways in which you have succeeded in the past. Discuss some baby steps you can take to get to the next level of health and wellness inside and out.*

[illegible]

Handwriting practice lines consisting of 20 horizontal lines within a decorative border.



## Financial Goals

*List out your financial goals for your own future and your children's future. What can you be doing now to work toward those goals? What do you already have in place to promote successfully meeting those goals?*

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Handwriting practice lines consisting of 20 horizontal lines. The first 19 lines are black, and the 20th line is purple.

## Household Goals

*Think about how satisfied you are with how well you accomplish your household duties (cooking, cleaning, laundry, paying bills, etc.). List the areas you feel you are doing well. Make a plan for how to improve on the things you wish you handled better.*

[illegible]

[illegible]