FULLY BECOMING

YOUR 2027

GOAL PLANNING WORKBOOK

LESS SHOULD.
MORE WHY.

A heart-led journey from expectations to meaningful goals, real projects, and twelve months of intentional progress.



A FREE GUIDE FROM FULLY BECOMING

fullybecoming.com

START HERE

Welcome to your year

Every January, good-intentioned people write goals they genuinely hope to achieve. By February, many lists are forgotten. This workbook invites you to begin differently: not with everything you SHOULD do, but with what you WANT and WHY it matters.

Your journey through these pages

Release borrowed expectations. Discover what feels true. Build three goals, uncover the projects each goal requires, create one annual plan, then revisit your WHY every month.

How to use this workbook

Take your time with the reflective pages. Give each of your three goals its own WHY journey and project list. Complete the one-page year plan. At each monthly check-in, fill in a fresh 30-day focus page.

A gentle promise

You do not need to become someone else to make progress. Your goals are here to support the life you want—not to measure your worth.

MY INTENTION FOR THIS YEAR

01 / RELEASE

The SHOULD audit

A SHOULD often carries an expectation from family, society, comparison, or an older version of you. Write down the goals you feel pressured to pursue. Then ask whose voice you hear behind each one.

1. I think I should...

2. I think I should...

3. I think I should...

4. I think I should...

Which expectations do I want to release, reconsider, or consciously choose for myself?

02 / DISCOVER

Follow your heart

When did I feel most alive or most myself in 2026?

What do I want MORE of in my everyday life?

What do I want LESS of—and what am I ready to stop carrying?

If nobody could see my accomplishments, what would I still want?

03 / THE WHY JOURNEY

Find your deeper WHY

Choose a desire, not an obligation. Ask WHY repeatedly until you reach a value, feeling, relationship, or purpose that feels true. Your first answer may be only the surface.

I genuinely want...

Why does this matter to me?

Why does THAT matter?

What would change in my life if I honored this desire?

My heart-level WHY, in one sentence:

THE ART OF A MEANINGFUL GOAL

Dream boldly. Plan intentionally.

A goal is a meaningful, measurable outcome that stretches you beyond where you are today. My favorite goals are the ones that scare the ever-living shit out of me. Because if I achieved them, it would be substantial!

The point is not to choose something reckless or impossible. It is to choose something so meaningful that you feel both excitement and nerves—and then give that dream a practical path forward.

THE SMART GOAL TEST

S SPECIFIC
What exactly am I going to accomplish?

M MEASURABLE
What evidence or number will show I achieved it?

A ACHIEVABLE
Is this a real stretch I can pursue with the right resources and effort?

R RELEVANT
Does it honor my heart-level WHY and the life I want?

T TIME-BOUND
What is my clear finish date?

THE CONNECTION

Your WHY gives the goal meaning. SMART gives it shape. Your projects identify what must be built or completed. Your 30-day focus plan moves those projects forward, one month at a time.

MEANING BEFORE EXECUTION

Goal 1 | Four WHYs

Start with a goal so substantial that achieving it would change something important in your life. Before planning the HOW, ask yourself WHY four times.

THE BIG, BRAVE GOAL I WANT:

1. WHY do I want this?

2. WHY does that matter to me?

3. WHY is that important?

4. WHY does that deeper reason matter most?

MY HEART-LEVEL WHY:

NOW DEFINE THE EXECUTION

Goal 1 | Make it SMART

Give your bold goal a clear finish line. SMART means Specific, Measurable, Achievable (ambitious but possible), Relevant to your WHY, and Time-bound.

SPECIFIC | What exactly will I accomplish?

MEASURABLE | How will I know I have succeeded?

ACHIEVABLE | What makes this stretch realistically possible?

RELEVANT | How does this connect to my WHY?

TIME-BOUND | My completion date:

MY FINISHED SMART GOAL STATEMENT:

MEANING BEFORE EXECUTION

Goal 2 | Four WHYs

Start with a goal so substantial that achieving it would change something important in your life. Before planning the HOW, ask yourself WHY four times.

THE BIG, BRAVE GOAL I WANT:

1. WHY do I want this?

2. WHY does that matter to me?

3. WHY is that important?

4. WHY does that deeper reason matter most?

MY HEART-LEVEL WHY:

NOW DEFINE THE EXECUTION

Goal 2 | Make it SMART

Give your bold goal a clear finish line. SMART means Specific, Measurable, Achievable (ambitious but possible), Relevant to your WHY, and Time-bound.

SPECIFIC | What exactly will I accomplish?

MEASURABLE | How will I know I have succeeded?

ACHIEVABLE | What makes this stretch realistically possible?

RELEVANT | How does this connect to my WHY?

TIME-BOUND | My completion date:

MY FINISHED SMART GOAL STATEMENT:

MEANING BEFORE EXECUTION

Goal 3 | Four WHYs

Start with a goal so substantial that achieving it would change something important in your life. Before planning the HOW, ask yourself WHY four times.

THE BIG, BRAVE GOAL I WANT:

1. WHY do I want this?

2. WHY does that matter to me?

3. WHY is that important?

4. WHY does that deeper reason matter most?

MY HEART-LEVEL WHY:

NOW DEFINE THE EXECUTION

Goal 3 | Make it SMART

Give your bold goal a clear finish line. SMART means Specific, Measurable, Achievable (ambitious but possible), Relevant to your WHY, and Time-bound.

SPECIFIC | What exactly will I accomplish?

MEASURABLE | How will I know I have succeeded?

ACHIEVABLE | What makes this stretch realistically possible?

RELEVANT | How does this connect to my WHY?

TIME-BOUND | My completion date:

MY FINISHED SMART GOAL STATEMENT:

ONE PAGE / ALL THREE GOALS

Your project map

What projects must you complete to achieve each goal? Give each project a target completion date. Star the most important project for each goal.

GOAL 1: _____

PROJECT / DELIVERABLE	COMPLETION DATE

GOAL 2: _____

PROJECT / DELIVERABLE	COMPLETION DATE

GOAL 3: _____

PROJECT / DELIVERABLE	COMPLETION DATE

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GOALS / DISCIPLINES / THEME / PROJECTS

Your one-page 2027 plan

MY NORTH-STAR WHY:

MY THREE BOLD GOALS

1. _____

2. _____

3. _____

THEME WORD OF THE YEAR: _____

MY DAILY DISCIPLINES / THE ACTIONS I WILL REPEAT

1. _____

2. _____

3. _____

MOST IMPORTANT PROJECT FOR EACH GOAL

GOAL 1: _____ **DUE:** _____

GOAL 2: _____ **DUE:** _____

GOAL 3: _____ **DUE:** _____

YOUR FIRST MEANINGFUL MOVE

The 30-Day Rise

BIG GOALS. MEANINGFUL PROJECTS. SMALL STEPS.

Your annual goals are destinations. Your WHY is the reason to keep going. Your project map names the work required. The 30-Day Rise turns one important project into four weeks of deliberate action.

THE POINT IS PROGRESS, NOT PERFECTION.

You do not have to achieve the entire goal in thirty days. Choose a project milestone that will make the next part of your journey easier or more possible.

HOW TO USE THE REUSABLE SHEET

Write the month, your theme word, your main goal, and your most important project. Set a completion date and define success. Break the project into four weekly actions. Keep the page with you.

WHAT HAPPENS NEXT?

At the end of the month, complete A Monthly Realignment. Review your WHY, celebrate progress, adjust the project list, then make a fresh copy of the same 30-Day Rise sheet for the next month.

Make a copy. Choose a direction. Rise again.

YOUR MONTHLY CHECK-IN RITUAL

A Monthly Realignment

At the end of each month, take 20-30 minutes to check in with yourself. Consider blocking this time on your calendar as a recurring monthly appointment with yourself. It is a chance to celebrate, reconnect with your WHY, and decide what deserves your attention next.

1. Are these still the three goals I genuinely want?
2. What did I accomplish or move forward this month?
3. What am I proud of, even if it was not on the plan?
4. Which projects are complete, delayed, or no longer needed?
5. Am I following my WHY or slipping into a SHOULD?
6. What obstacles, resources, or support do I need?
7. What needs to change in my one-year plan or completion dates?
8. Which goal and project deserve my next 30-Day Rise?
9. What theme word will guide the month ahead?

Reflect. Reconnect. Realign.

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REUSABLE MONTHLY WORKSHEET / MAKE COPIES

My 30-Day Rise

MONTH: _____ MONTHLY THEME WORD: _____

MY GOAL FOR THIS MONTH:

MY 30-DAY SUCCESS MEASURE:

DAILY DISCIPLINES / WHAT I WILL DO CONSISTENTLY

1. _____
2. _____
3. _____

MOST IMPORTANT PROJECT THIS MONTH

PROJECT COMPLETION DATE: _____

WEEK 1 / START

WEEK 2 / BUILD

WEEK 3 / FOLLOW THROUGH

WEEK 4 / COMPLETE

NEXT MONTHLY REALIGNMENT DATE: _____

REBUILD · RISE · REDISCOVER

SEE YOUR WHOLE YEAR AT ONCE

The Year Snapshot

ONE PAGE. TWELVE MONTHS. A CLEARER VIEW.

What is a Year Snapshot?

A simple, at-a-glance view of the moments, commitments, and milestones that will shape your 2027. Instead of holding every date in your head, give the whole year a home on one sheet.

What belongs on it?

Add important goal and project milestones, completion dates, birthdays, graduations, holidays, celebrations, trips, vacations, appointments, and anything else you want to plan around.

How to use it

Write a few short bullet points under each month. Include dates when you know them. Start with what is already on your calendar, then add goal milestones and update the sheet as your plans change.

Why it matters

Your goals do not happen in a vacuum. Seeing life events and big projects together helps you plan with intention, protect time for what matters, and choose a realistic 30-Day Rise each month.

A snapshot is not another to-do list. It is a way to see the life you are building, all in one place.

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MILESTONES / MEANINGFUL DATES / LIFE EVENTS

My 2027 Year Snapshot

JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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Add dates, milestones, celebrations, vacations, and anything you want to remember.

BOOKS + TOOLS

Resources for becoming

A journal and a few meaningful resources can help you stay connected to your WHY.

START WITH A JOURNAL

Give your thoughts, reflections, and goals a place to live. Explore journals and tools in the Fully Becoming shop:

fullybecoming.com/shop

BOOKS TO SUPPORT YOUR RISE

The Let Them Theory
Mel Robbins

https://www.amazon.com/dp/B0DFMZMKFJ?tag=fullybecoming-20

The 5 Second Rule
Mel Robbins

https://www.amazon.com/dp/B06W9M3QDJ?tag=fullybecoming-20

Atomic Habits
James Clear

https://www.amazon.com/dp/B08C98Z19K?tag=fullybecoming-20

Make Your Bed
William H. McRaven

https://www.amazon.com/s?k=Make+Your+Bed+William+H+McRaven&tag=fullybecoming-20

Eat That Frog!
Brian Tracy

https://www.amazon.com/dp/162656941X?tag=fullybecoming-20

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11 / ACCOUNTABILITY + COACHING

You do not have to do it alone

Sometimes the hardest part is not writing the goal. It is staying connected to your WHY when life gets full. If you want someone in your corner as you clarify your direction, navigate transitions, and keep showing up for the life you want, you are invited to explore coaching with Fully Becoming.

Coaching with Heather

A supportive space to reflect on what matters, uncover what may be holding you back, create intentional next steps, and build accountability around your own goals—not someone else's expectations.

You are welcome here

Whether you are beginning again, navigating a new chapter, or simply ready to get unstuck, you do not have to figure out every step alone.

LEARN MORE + INQUIRE ABOUT COACHING

fullybecoming.com

"Your WHY is your anchor, not your whip."



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Meet Heather

I created Fully Becoming for the real moments of rebuilding, rising, and rediscovering who we are. My hope is that this guide helps you set aside the pressure of SHOULD and reconnect with the WHY that comes from your heart.

Keep this workbook close. Revisit your one-year plan, make space for your projects, and give yourself a fresh 30-day focus every month.

LISTEN + EXPLORE

fullybecoming.com

COACHING + COMMUNITY

Find coaching inquiries, podcast episodes, and resources on the website.

You are strong. You are real. You are resilient.

And you are fully becoming.

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