

Dreamline Goal Mapping

NAME

ONE WORD TO
ANCHOR YOU

DATE

SMART-ISH
GOAL

What does a meaningful,
aligned life look like to you?

Circle or highlight 3 areas you
want to focus on now:

Career

Relationships

Friendships

Health

Money

Spirituality

Leisure

Family

Write 1 sentence for each
chosen area about what you'd
love to feel, change, or cultivate.

Define a goal using the SMART-
ish goal builder to the left

Break it down into milestones

Milestone 1:

Milestone 2:

Milestone 3:

SMART-ish Goal Builder

Specific: What exactly do you want to accomplish?

Meaningful: Why does this matter to you?

Aligned: How does this support your overall vision?

Realistic: What's a small version of this goal?

Timeframe: By when? Or what's your season of
focus?