

■ September Goal Setting Worksheet

Use this worksheet to reset your writing goals for the final stretch of the year. Work through each section and remember to be kind to yourself. Progress, however small, is still progress.

1■■ Take Stock with Compassion

Reflect on the year so far. List what you have achieved, what is still on your wish list, and any upcoming deadlines or opportunities.

Achievements:

Still on the wish list:

Deadlines or opportunities:

2■■ Choose What Matters Most

Pick one or two goals that would make you proud to have achieved by December. Focus on what excites you and feels doable.

Priority Goals:

1.

2.

3 ■ ■ Break It Down

For each goal, outline the key steps to achieve it. Break them into small, actionable tasks.

Goal 1 Steps:

- _____

- _____

- _____

- _____

Goal 2 Steps (optional):

- _____

- _____

- _____

- _____

4 ■ ■ Build in Accountability

Who or what will help you stay on track? Note any friends, writing groups, or personal deadlines that will keep you motivated.

5 ■ ■ Plan for Kindness

Life gets busy with school holidays, family events and unexpected twists. How will you stay kind to yourself if plans change?

■ Tip: Keep this sheet somewhere visible. Small, consistent steps and regular check-ins will carry you toward your December goals.

