Goals Master Plan: ROI

Invest in you, you are the investment. You are the fortune.

Reassess goals at the beginning of every month and make necessary adjustments

Personal: take time for myself (projected goal)

1. Save at least one article or magazine to read every Sunday

2. Do a sheet/face mask twice a week

3. Have a cup of tea before bed

4. No YouTube videos in while getting ready in the morning

5. Alcohol only on weekends and during RuPaul’s Drag Race

6. Live beneath my means (spend less than $100 per week)

Professional: make moves to become self-sustained (projected goal)

1. Continue research on job opportunities

2. Write at least two blogposts per month

Academic:

1. Start school work immediately after waking up, working out, and eating breakfast

2. Do online classes every morning somewhere outside of the apartment

3. Participate in Weekly FNCE Discussions by 7am Monday mornings.

4. Utilize Handshake to find internships/jobs

Health:

Exercise: do more workouts and more challenging workouts  
1. Workout at least 3 times per week  
2. Prep workout gear the night before every workout  
3. After cardio, do 15-30 minutes of a targeted exercise. (abs, arms, legs)

4. Stretch everyday, no matter if it is a workout day or not.

M (Minimum): 2 workouts per week  
 T (Target): 3 workouts per week  
 O (Outrageous): 4-5 workouts per week

Diet: eat more protein and veggies, and make new dishes (projected goal)

1. Eat at least 50 gr. of protein every day  
 2. Have at least one veggie at every meal  
 3. Try 2 new dishes this month

Sleep: get more sleep (projected goal)  
1. Set nightly reminder to go off at 8:30pm to start preparing for bed  
2. No TV, computer or phone use after 9pm, Tuesday — Sunday  
3. No eating, exercise, or any other stimulant-inducing activity after 7:30, Tuesday —Sunday.  
4. In bed by 9:15pm. Lights out at 9:30pm Tuesday  
5. Sleep in one of two days, every weekend  
6. Wake up between 5am-5:30am every morning that isn’t a designated “sleep in”

Stress: become less stressed about the future and develop emotional resilience.

1. Research what you can do with a Marketing degree once a month. Print and file interesting job descriptions your the Angie File.  
2. Imagine a physical wall in front of you when in a stressful, negative, or toxic conversation.

Beauty: get more comfortable with less makeup (projected goal)

1. Wear no makeup at least one day out of the week

2. Rock the “No Makeup Look” on at least one online class day.

Home: declutter and get ready for the move (projected goal)

1. Declutter one section of the home once every two months

Relationships:

1. Have a date night once every two weeks

2. Send Auntie D holiday cards (Valentine’s Day)