



**Which Season is Best
for You
to Set Your Annual Goals?**

Workbook

Eileen Roth

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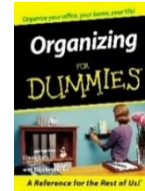




Everything in its Place®



Eileen Roth
Your Tour Guide for Success



Mini bio

As the author of *Organizing For Dummies*®, Eileen Roth demonstrates how to be more productive, reduce your stress, and save time and money. She named her company Everything in its Place® because she truly believes that you can find a place for everything.

Eileen is a national speaker, trainer and productivity expert in the areas of: Office Organization, Time Management, and Home Organization. She has appeared on:



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Which Season is Best for You to Set Annual Goals?

Which Season is Best - for You?

Goals can be set in any season of the year. Yet most people set annual goals New Year's Eve or New Year's Day. New Year's Eve, of course, is the worst time to set goals.

Most of the time you aren't serious, and the goals are just something said when someone asks you,

“Should you set goals on New Year's Eve?”

More than likely, you had no serious thought behind the resolutions you blurted out. And that's why your goals fail.

There is no real reason you must create your annual goals in January either. You can set them when you want to set them. Here's some ideas for you.

- ❖ A business friend sets his goals in Winter. He likes the quiet of Winter and it's the slowest time of year for his greeting card business. He has already sold his cards for Valentine's Day, and so he has a break. This allows him to act like a bear alone in his cave and concentrate on his goals for the year. He loves to drink a cup of hot chocolate with marshmallows, sit by the fireplace, and look out at the winter wonderland while he's cozy and warm. He creates his mood and then plans his year. To you Winter may mean cold and isolation and it's not your best season.
- ❖ To you Spring may put a “spring in your step,” and/or open you like the flowers that bloom in their magnificent array of colors. Or maybe the rains make you feel closed in the house and alone.
- ❖ Do you prefer the fun and lightness of Summer as you remember finding seashells or being carried by an ocean wave? Or is that too much freedom and fun for you to set your annual goals?
- ❖ Do you enjoy the cool, crispness of the Fall air with the majestic beauty of the colorful trees? Does it remind you of the variety of things you can do with your life? Or Does Fall symbolize the “end” of things as the leaves turn brown and fall to the ground?

How do you Feel in each Season?

Whatever time of year works best for you is the best season to set your annual goals. That doesn't mean you can't change your goals or plan quarterly goals, it's just the time that you might enjoy planning your big goals or annual goals.

Use this workbook to see what thoughts, feelings, or emotions the different seasons bring up for you. The following pages have seasonal pictures and words to help you think about how you feel during each season. I do suggest handwriting your thoughts. Sometimes writing, rather than typing, slows you down and gives you time to think.

Remember past events during that season.

Notice how you feel when you think about those events. Did the season or the weather affect how you feel?

Do you feel:

Lighter?

Heavier?

Happy?

Sad?

Lonely?

Joyful?

Spring in your step?

Introspective?

Do you see: Beauty? Cold? Isolation?

Do you feel: Open? Closed up? Free? Calm?

You might even want to do one season a day during the week so you can keep each season separate as thoughts and feelings may float into your mind all day long.

Turn the page and start with Winter.

How do you Feel about Winter?



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Ideas

Clean
Relaxing
Calm
Fun

Cozy
Warm
Romantic
Family

Festive
Beauty
Peaceful
Alone

Bare
Pure
Cold
Dreary



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What does Winter say to you?

How do you Feel about Spring?



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Ideas

Colors
Fresh
Growth
Play

Amazed
Open
Rainy
Birth

Hopeful
New
Lightness
Wonder

Free
Awake
Windy
Unpredictable



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What does Spring say to you?

How do you Feel about Summer?



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Ideas

Carefree
Bright
Joyful
Fun

Happy
Hot
Relaxed
Family

Sunny
Water
Playful
Expensive

Travel
No School
Free
Camping



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What does Summer say to you?

How do you Feel about Fall?



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Ideas

Serene
Colorful
Variety
Beauty

Patterns
Family
Camping
Cool

Change
Holidays
Reflective
Harvest

Windy
Endings
School
Crisp Air



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What does Fall say to you?

Which Season did you Choose?

We are all individuals who have different ideas about the seasons. Choose the best season for you to set your annual goals. It doesn't have to be New Years, especially if you dislike Winter. You have 3 other seasons to choose from.

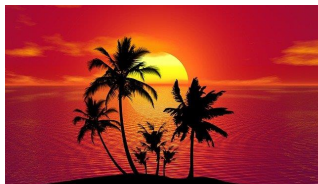
Check off which season you chose to plan annual goals. You can still plan quarterly goals each season, just pick your best one for planning your big goals.



Winter



Spring



Summer



Fall

Which Season did you choose to set your annual goals and Why? I'd love to know.

Drop me an email here: eroth@eileenroth.com

Once you've decided on your best season, start your goal planning. This is actually a workbook to plan your goals and create them as S.M.A.R.T. goals. SMART goals take your simple goal and make it SMART – more concrete and measurable in 5 simple steps.

The name is:

[S.M.A.R.T. Goals Workbook](#)