

GOLDEN BRANDS



MONTHLY PLANNING *Workbook*

How to use this workbook

This is your space to pause, reflect, and plan with intention. Use this workbook during our live Goal Planning Workshop sessions or on your own time to reset your focus, map out your priorities, and take aligned action for the month ahead.

Think of it as your monthly check-in — supportive, simple, and designed to help you build momentum.

Lisa K



"Reflect. Refocus. Reset."

Top wins

**What were your biggest accomplishments from the past month
(List out everything that comes to mind, big or small!)**

1

2

3

4



SELF REFLECTIONS

What's been working well for you and why?



***What challenges came up during the last month?
What isn't working well right now?***



THE STATS

from the month that has been

TOTAL REVENUE

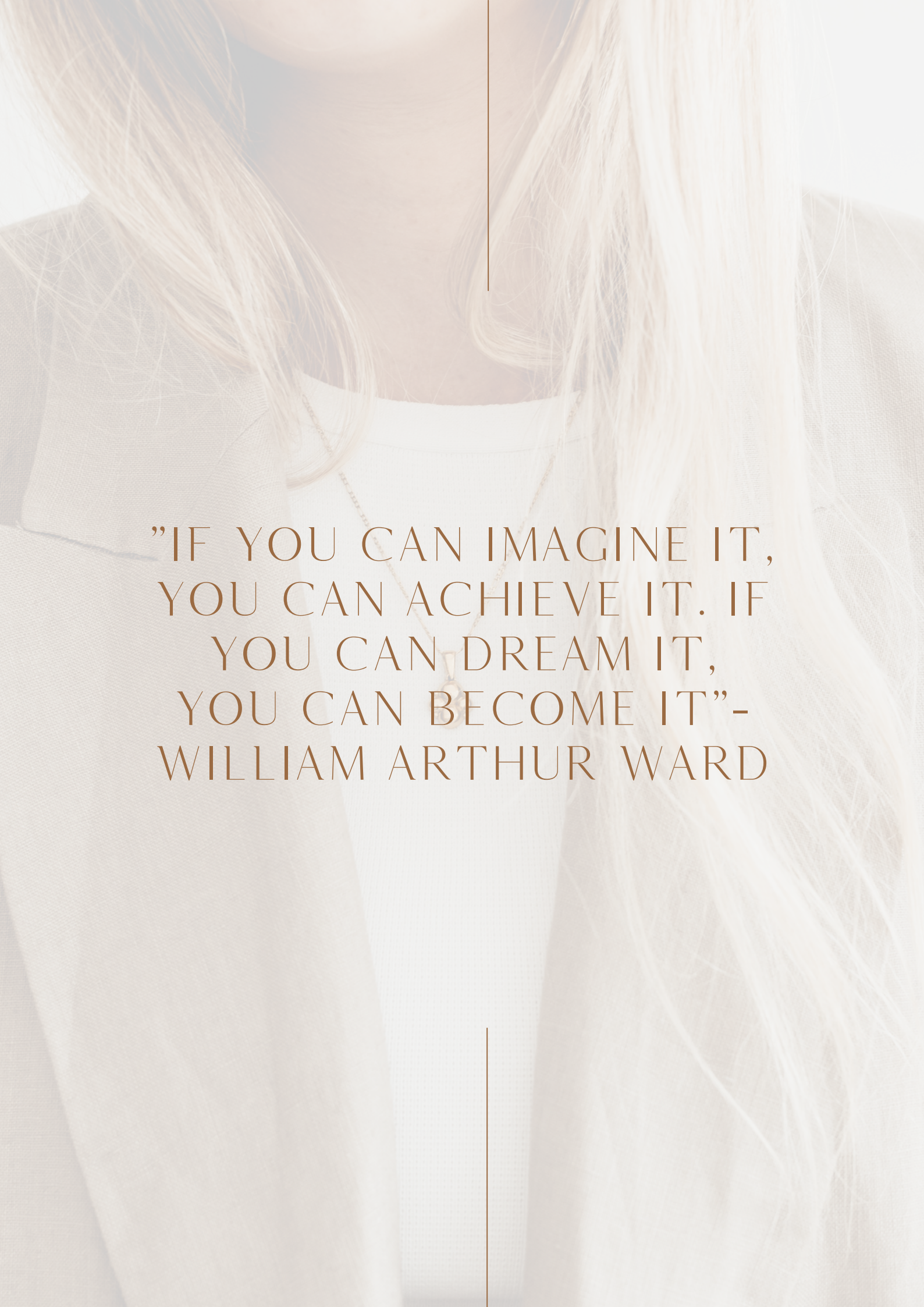
NET PROFIT

**TOTAL EMAIL
SUBSCRIBERS**

WEBSITE TRAFFIC

SOCIAL MEDIA

PLATFORM	KEY STATS (SUCH AS REACH + FOLLOWERS)



"IF YOU CAN IMAGINE IT,
YOU CAN ACHIEVE IT. IF
YOU CAN DREAM IT,
YOU CAN BECOME IT"-
WILLIAM ARTHUR WARD



THE MONTH AHEAD

Let's get intentional about what we want to create over the next 30 days!

What do you want to achieve, where is your business at, what does your energy feel like, and what does your environment include?

For this next month to feel like a win for me what do I want to achieve?



TOP 3 GOALS



GOAL ONE

GOAL TWO

GOAL THREE

ALIGNED ACTIONS

These are the key actions you need to take to make those goals a reality.

How are you going to make sure you see real progress this month towards your goals?

KEY GOAL	ALIGNED ACTIONS
1	<ul style="list-style-type: none">1. Action One2. Action Two3. Action Three
2	<ul style="list-style-type: none">1. Action One2. Action Two3. Action Three
3	<ul style="list-style-type: none">1. Action One2. Action Two3. Action Three



ALIGNED

ACTION PLAN PROMPTS:

What key marketing activities will I focus on?

One thing I'll do to push myself out of my comfort zone this month?

What do I need to say no to this month?



ALIGNED ACTIONS

The key steps to take to make those goals a reality.

How are you going to make sure you see real progress this month towards your goals?

GOAL	ALIGNED ACTIONS



ALIGNED

ACTIONS

GOAL	ALIGNED ACTIONS





MONTHLY TARGETS

TOTAL REVENUE

NET PROFIT

TOTAL EMAIL SUBSCRIBERS

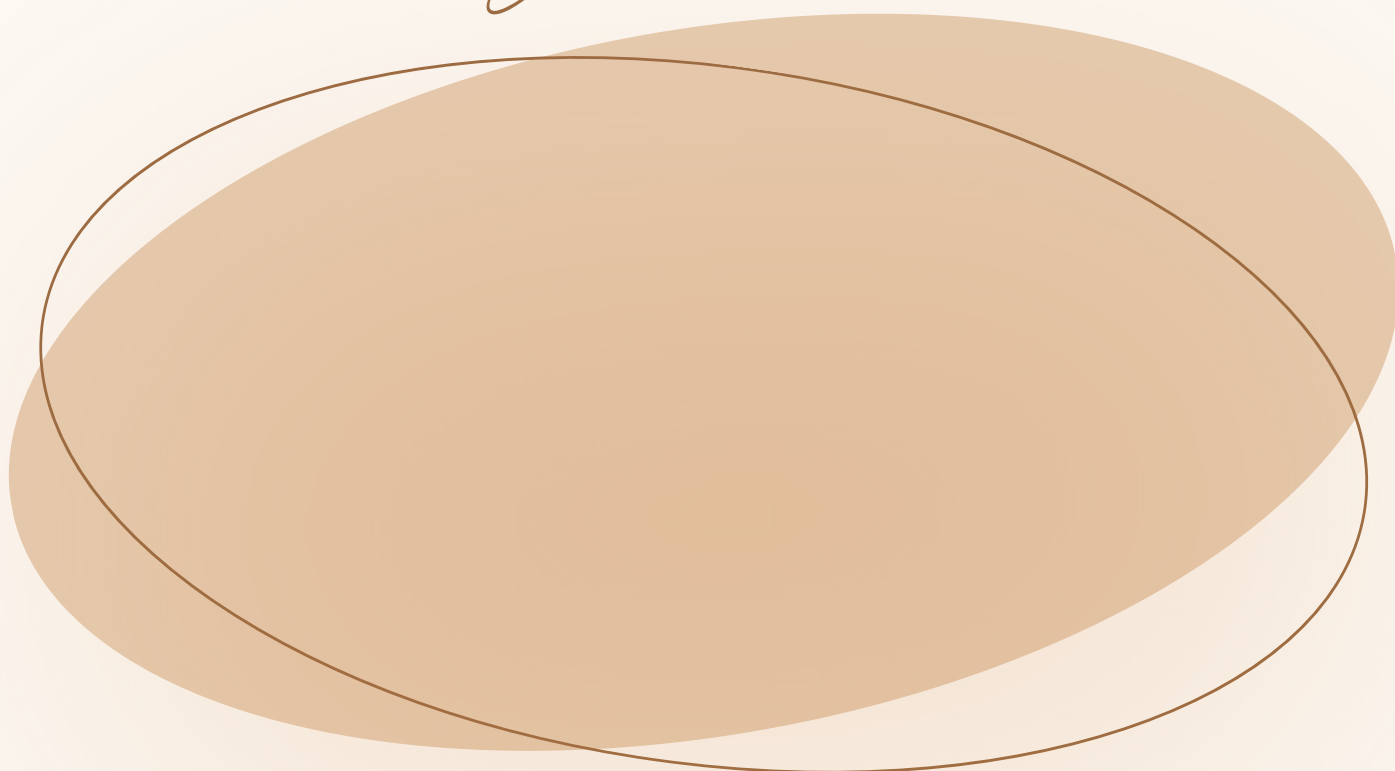
WEBSITE TRAFFIC

SOCIAL MEDIA

PLATFORM	KEY STATS (SUCH AS REACH + FOLLOWERS)

**MONTHLY TOTAL
PROFIT**

Goal





MONTHLY ACTION TRACKER

MONTH OF _____

	ALIGNED ACTIONS TO TAKE	DONE
WEEK ONE		<input type="checkbox"/>
WEEK TWO		<input type="checkbox"/>
WEEK THREE		<input type="checkbox"/>
WEEK FOUR		<input type="checkbox"/>



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