

DAILY goals

WHAT WILL I TACKLE TODAY?

WHAT'S MY MOTIVATION?

WHAT STEPS WILL GET ME THERE?



Mark off each item on your task to-do list here!!

WEEKLY *goals*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

W E E K L Y

goals

WHAT DO I WANT TO ACHIEVE?

Large empty rectangular box for writing goals.

ESSENTIAL TASKS:

Vertical list of 18 checkboxes, each followed by a horizontal line for task description.

WEEKLY GOAL WINS:

Four stacked rectangular boxes for recording goal wins, labeled WIN #1 through WIN #4. A small orange ribbon icon is in the top right corner of the first box.

YEARLY *goals*

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

YEARLY *goals*

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

Y E A R L Y

goals

WHAT DO I WANT TO ACHIEVE?

Large empty box for writing goals.

ESSENTIAL TASKS:

Vertical list of 20 checkboxes with horizontal lines for writing tasks.

QUARTERLY GOALS

Q1 GOALS:

Empty box for Q1 goals.

Q2 GOALS:

Empty box for Q2 goals.

Q3 GOALS:

Empty box for Q3 goals.

Q4 GOALS:

Empty box for Q4 goals.

S.M.A.R.T *goals*

My goal is:

S

SPECIFIC

ACTION STEPS

M

MEASUREABLE

A

ACHIEVABLE

R

RELEVANT

T

TIMELY

Month: _____

MY BIG GOALS

Start Date:

Deadline:

Goals

Why

Action Plan

What