



What I'm working to achieve:

These are the things that aren't going to get in my way:

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These are the things I'm going to do differently this time:

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This is what it will mean to me when I make this happen:

This is what is pushing me towards my goal:

Specifically, this is what I'm going to do:

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Check off each box below for each period of time that you make progress towards reaching your goal.

Daily																																																				
Weekly	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Monthly	Jan.				Feb.				Mar.				April				May				June				July				Aug.				Sept.				Oct.				Nov.				Dec.							
Quarterly	1st Quarter													2nd Quarter													3rd Quarter													4th Quarter												