My Goal Planning Page

"People form rituals and rituals form futures."

1. MY GOAL

"

"

2. MY DEADLINE

Day .....

Date .....

Month .....

3. 3 driving emotions I will experience when I achieve my goal ...

4. My 5 reasons WHY I want to achieve this goal ...

1. .....
2. .....
3. .....
4. .....
5. .....

5. My 3 key milestones I will achieve along the way are ...

6. My development plan to achieve this goal ...

WHAT DO YOU NEED TO IMPROVE?

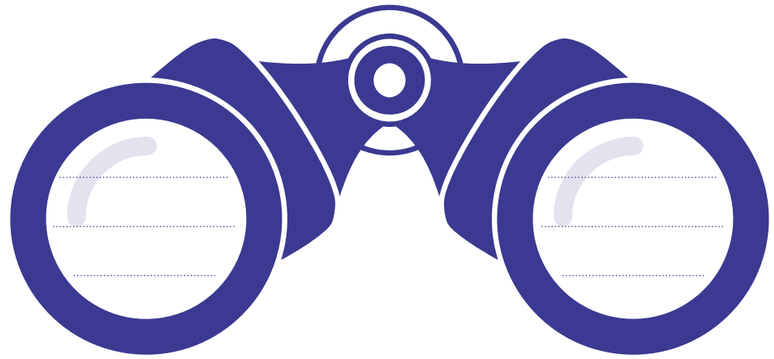
More Of .....

Start Doing .....

Stop Doing .....

Less Of .....

7. What will I see when my goal has been achieved?



8. My 30 day P.O.A. for this goal ...

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

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