

Goal Planner

Start date _____

MY GOAL

WHY IT MATTERS TO ME

FINISH BY

How will I know I did it?

WHAT MIGHT GET IN THE WAY

WHAT I WILL DO ABOUT IT

STEPS

#	Small step	By when	Done
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐
7			☐
8			☐
9			☐
10			☐

PROGRESS: COLOR ONE BAR FOR EVERY 10%

10%

20%

30%

40%

50%

60%

70%

80%

90%

100%

WINS ALONG THE WAY

My reward: _____