

My

GOAL SETTING

Journal

**I can**  
*and*  
**I will**  
**WATCH ME**

# ISSUES WITH MY LIFE

FAMILY

HEALTH

FINANCIAL

SOCIAL

EDUCATION

CAREER

CHARACTER

# MY IDEA OF A PERFECT LIFE

FAMILY

HEALTH

FINANCIAL

SOCIAL

EDUCATION

CAREER

CHARACTER

# MY GOALS

FAMILY

HEALTH

FINANCIAL

SOCIAL

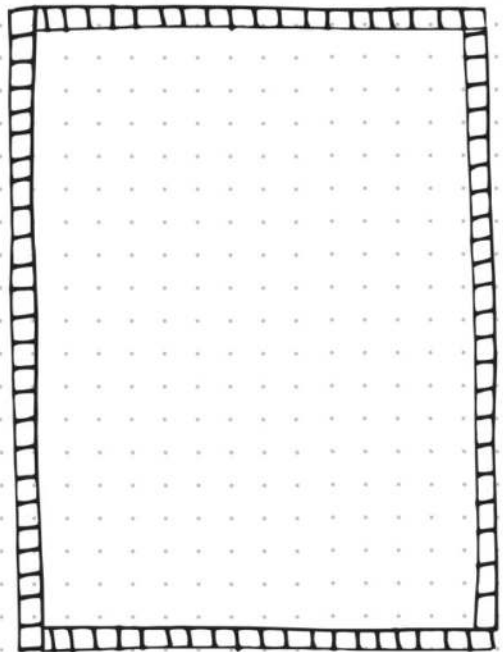
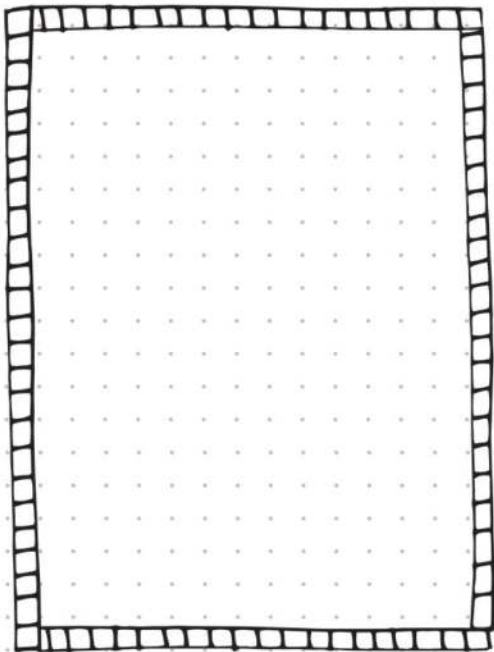
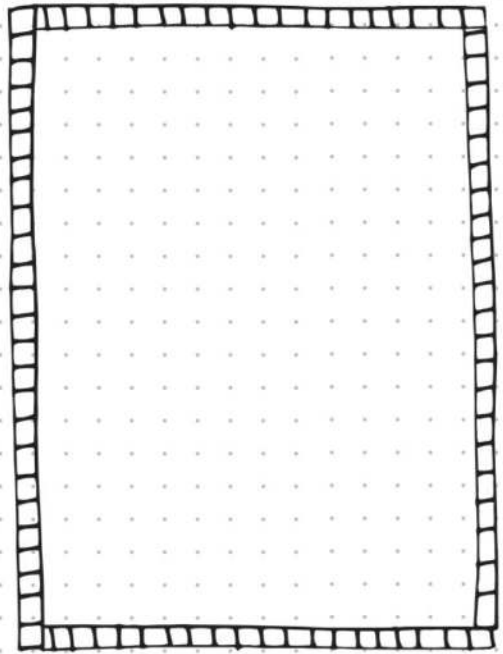
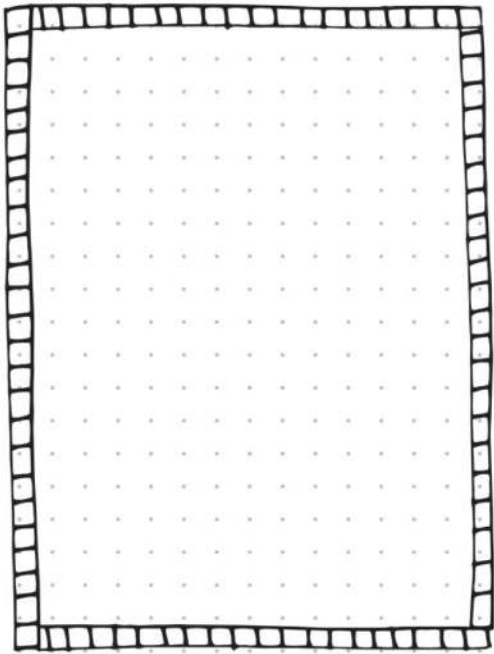
EDUCATION

CAREER

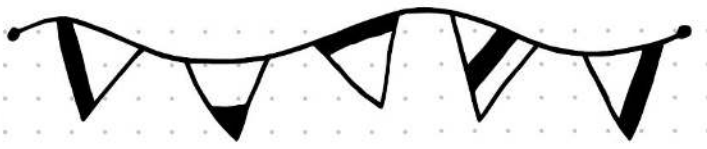
CHARACTER

*Stay*  
**determined**

# REASONS I WANT TO ACHIEVE MY GOALS



# SMART GOALS



INITIAL  
GOAL

--

SPECIFIC

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MEASURABLE

--

ACHIEVABLE

--

REALISTIC

--

TIMELY

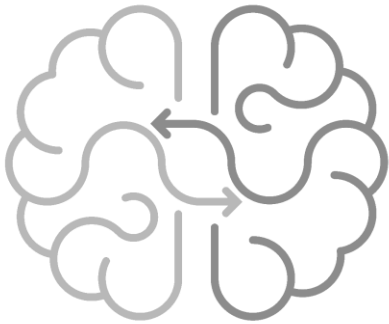
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REVISED  
SMART  
GOAL

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REVISED  
SMART  
GOAL

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# BRAINSTORMING

HOW COULD I ACCOMPLISH THIS GOAL?

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TASKS

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TASKS

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TASKS

<input type="checkbox"/>	_____
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During the brainstorming session on the previous page you thought of 6 ways to accomplish each goal. Choose the top 3 mini goals that are most likely to bring you closer to your goal and move them to this page.

← SMART GOAL

WHAT NEEDS TO HAPPEN TO REACH YOUR GOALS?

MINI GOAL - DUE DATE:

MINI GOAL - DUE DATE:

MINI GOAL - DUE DATE:

WHAT ACTIONS ARE REQUIRED TO REACH YOUR GOALS?

ACTION ITEM

DUE DATE

ACTION ITEM

DUE DATE

ACTION ITEM

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ACTION ITEM

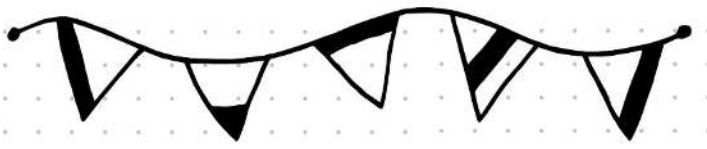
DUE DATE

ACTION ITEM

DUE DATE

DON'T  
*ignore*  
your own  
POTENTIAL

# SMART GOALS



INITIAL  
GOAL

--

SPECIFIC

--

MEASURABLE

--

ACHIEVABLE

--

REALISTIC

--

TIMELY

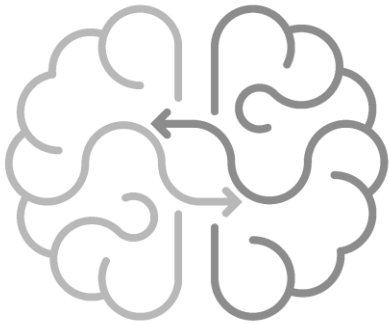
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REVISED  
SMART  
GOAL

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REVISED  
SMART  
GOAL

--



# BRAINSTORMING

HOW COULD I ACCOMPLISH THIS GOAL?

--

TASKS

<input type="checkbox"/>	_____
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<input type="checkbox"/>	_____

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TASKS

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TASKS

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TASKS

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TASKS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

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DUE DATE

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ACTION ITEM

DUE DATE

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ACTION ITEM

DUE DATE

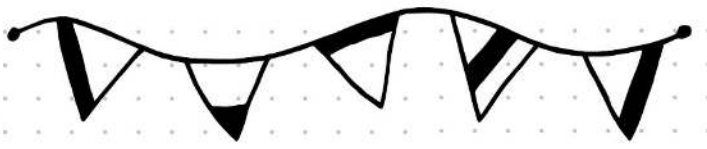
ACTION ITEM

DUE DATE

ACTION ITEM

DUE DATE

# SMART GOALS



INITIAL  
GOAL

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SPECIFIC

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MEASURABLE

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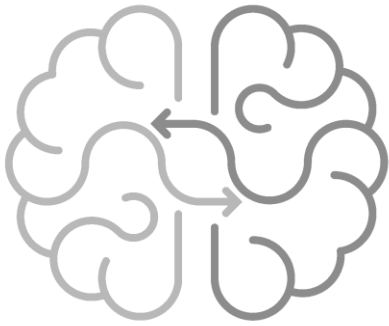
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REVISED  
SMART  
GOAL

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REVISED  
SMART  
GOAL

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# BRAINSTORMING

HOW COULD I ACCOMPLISH THIS GOAL?

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TASKS

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TASKS

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TASKS

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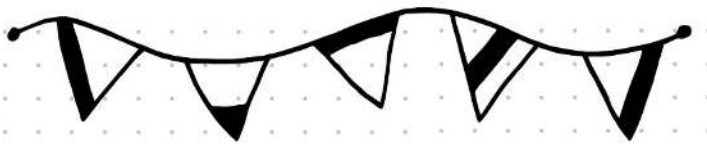
DUE DATE

ACTION ITEM

DUE DATE

YOU ONLY **fail**  
when you  
**STOP** trying

# SMART GOALS



INITIAL  
GOAL

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SPECIFIC

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MEASURABLE

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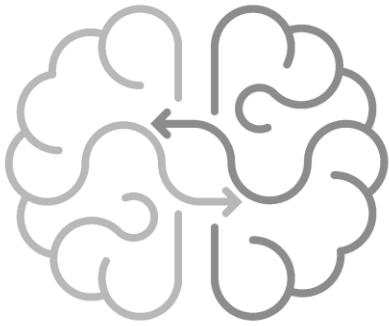
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GOAL

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REVISED  
SMART  
GOAL

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TASKS

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TASKS

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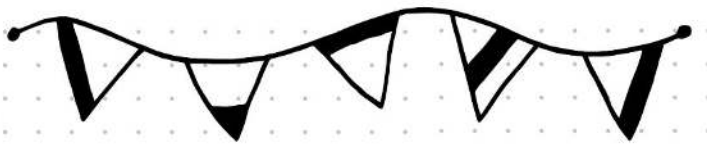
**Great things**

**NEVER** came

*from*

**Comfort zones**

# SMART GOALS



INITIAL  
GOAL

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P  
E  
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I  
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I  
C

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M  
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B  
L  
E

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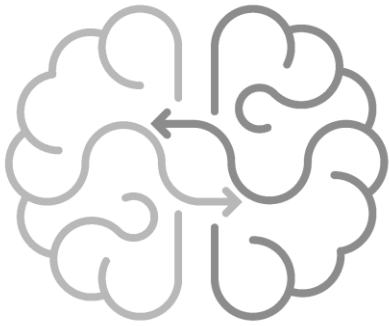
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REVISED  
SMART  
GOAL

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REVISED  
SMART  
GOAL

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# BRAINSTORMING

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TASKS

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TASKS

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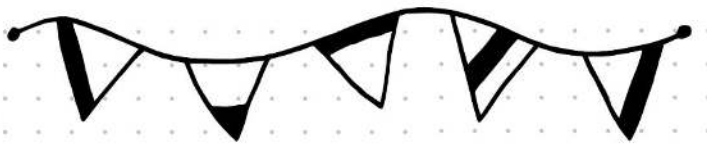
Don't STOP

UNTIL

you're

PROUD

# SMART GOALS



INITIAL  
GOAL

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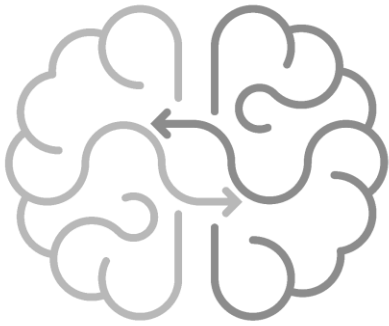
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REVISED  
SMART  
GOAL

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REVISED  
SMART  
GOAL

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# BRAINSTORMING

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TASKS

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TASKS

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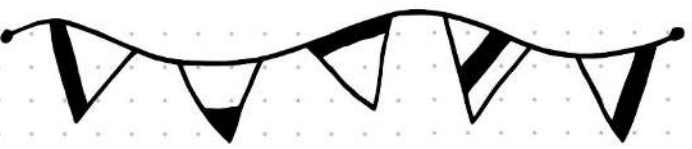
ACTION ITEM

DUE DATE

ACTION ITEM

DUE DATE

# SMART GOALS



INITIAL  
GOAL

--

SPECIFIC

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MEASURABLE

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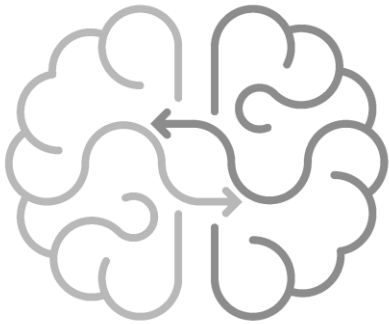
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REVISED  
SMART  
GOAL

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REVISED  
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GOAL

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# BRAINSTORMING

HOW COULD I ACCOMPLISH THIS GOAL?

--

TASKS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

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TASKS

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
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TASKS

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TASKS

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TASKS

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ACTION ITEM

DUE DATE

Move all action items and goals to the due date.  
Review all calendars on a regular basis to ensure that you complete all tasks before their due date.

*Month:*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

NOTES

Move all action items and goals to the due date.  
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*Month:*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

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NOTES						

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Month:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOTES						

# Stay Focused

TASKS	DUE DATE	GOAL ALIGNED TASK*?
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
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<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>
<input type="checkbox"/> _____	_____	YES <input type="checkbox"/> NO <input type="checkbox"/>

\* If a task does not align directly with your goals it is merely a distraction. Delete the task.