

My Plan

Goal Setting

Three Immediate Goals I will accomplish by

(One month from today)

1. _____
2. _____
3. _____

Goal #1 _____

Action Steps	Date
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- | | |
|--------------------------------|----------|
| <input type="checkbox"/> _____ | by _____ |
| <input type="checkbox"/> _____ | by _____ |
| <input type="checkbox"/> _____ | by _____ |

The reason I want to succeed at this goal is

Goal #2 _____

Action Steps	Date
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- | | |
|--------------------------------|----------|
| <input type="checkbox"/> _____ | by _____ |
| <input type="checkbox"/> _____ | by _____ |
| <input type="checkbox"/> _____ | by _____ |

The reason I want to succeed at this goal is

Goal #3 _____

Action Steps	Date
--------------	------

- | | |
|--------------------------------|----------|
| <input type="checkbox"/> _____ | by _____ |
| <input type="checkbox"/> _____ | by _____ |
| <input type="checkbox"/> _____ | by _____ |

The reason I want to succeed at this goal is

My reward after completing:

