
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

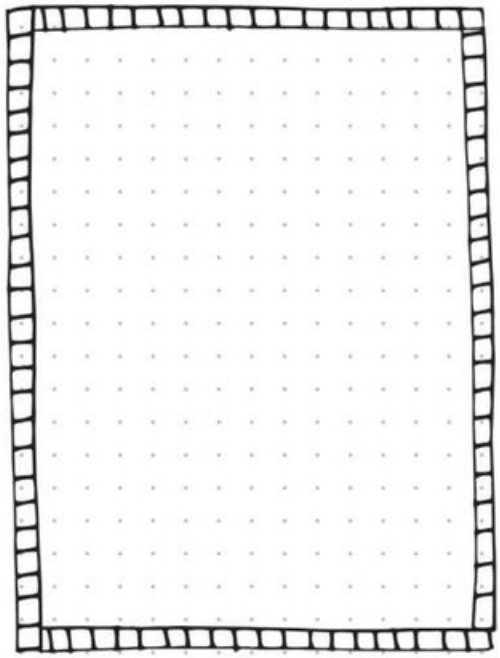
Career

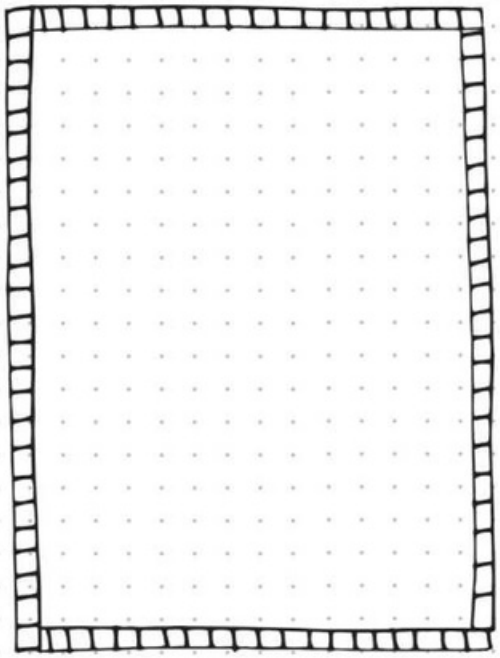
Character

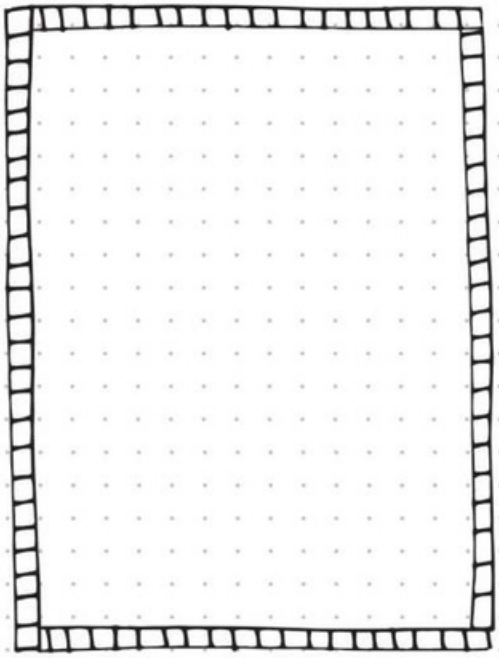
Stay

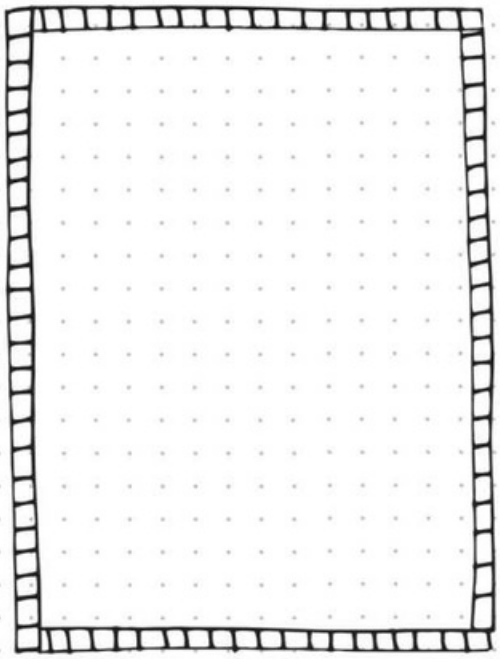
determined

Reasons I want to achieve my goals









SMART GOALS



INITIAL GOAL

SPECIFIC

MEASURABLE

ACHIEVABLE

REALISTIC

TIMELY

REVISED SMART GOAL

Revised SMART Goal



Brainstorming

How Could I accomplish this Goal?

Tasks
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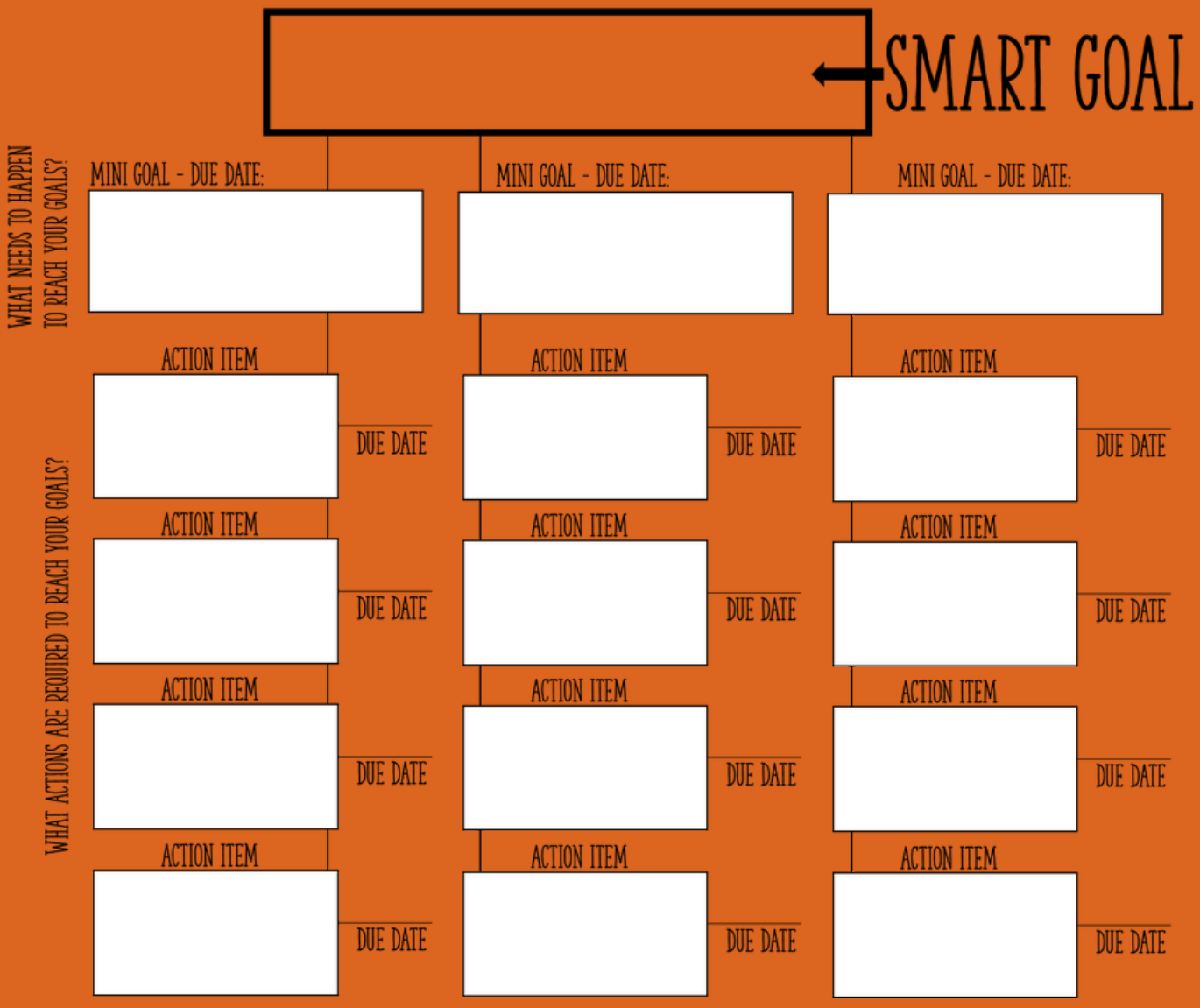
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During the brainstorming session on the previous page you thought of 6 ways to accomplish each goal. Choose the top 3 mini goals that are most likely to bring you closer to your goal and move them to this page.



DON'T

ignore

your own

POTENTIAL

SMART GOALS



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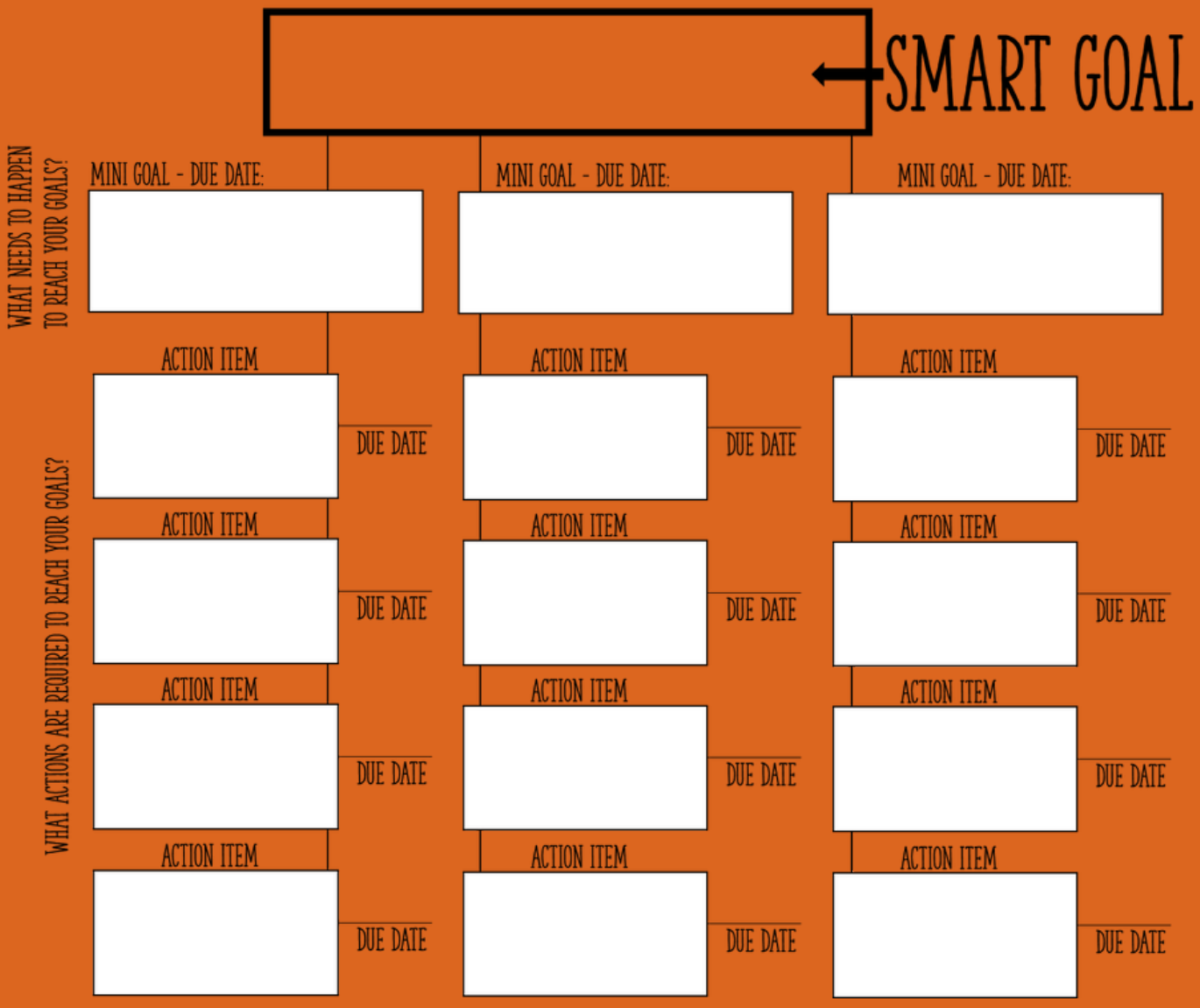
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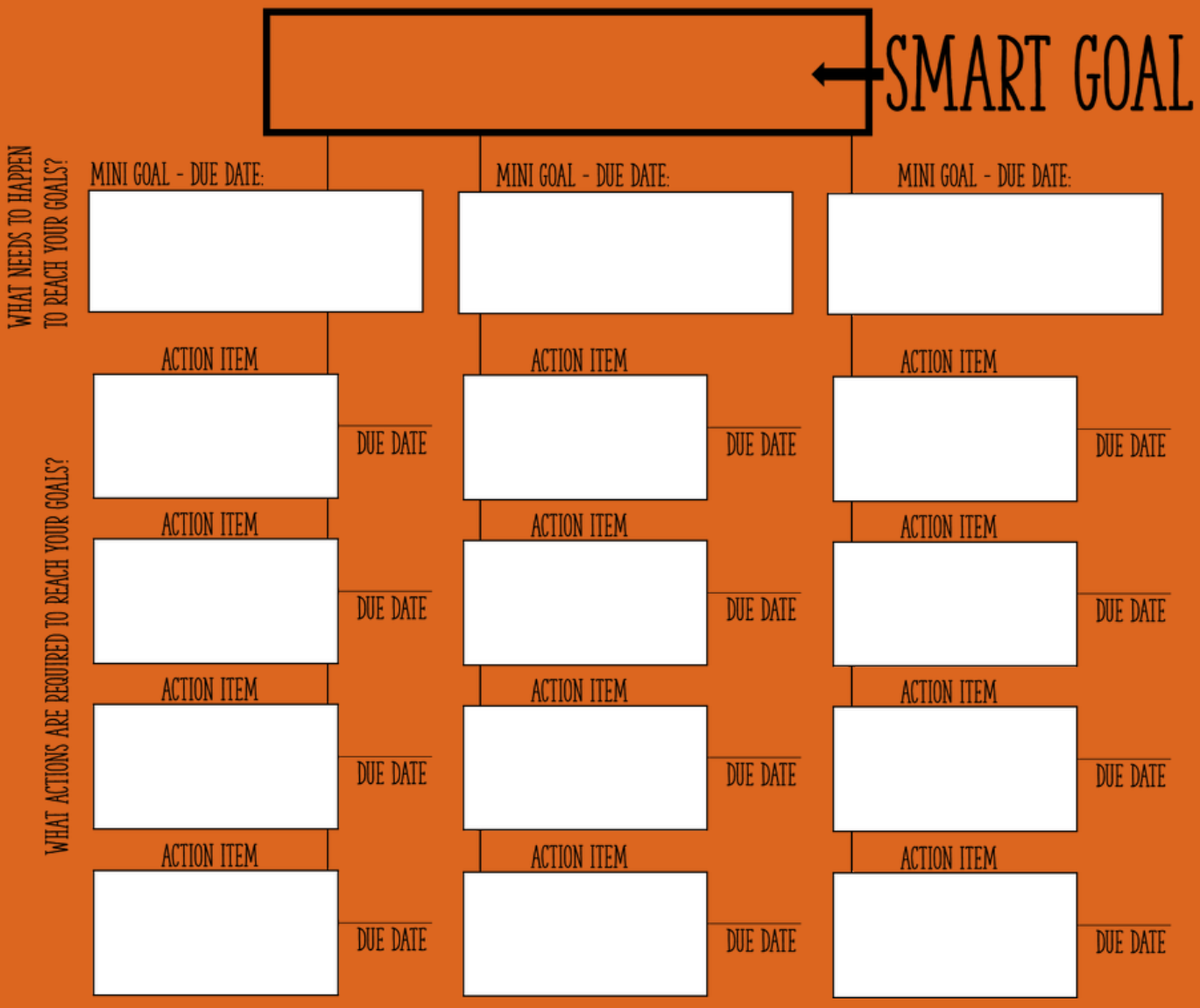
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you only fail
when you
STOP trying

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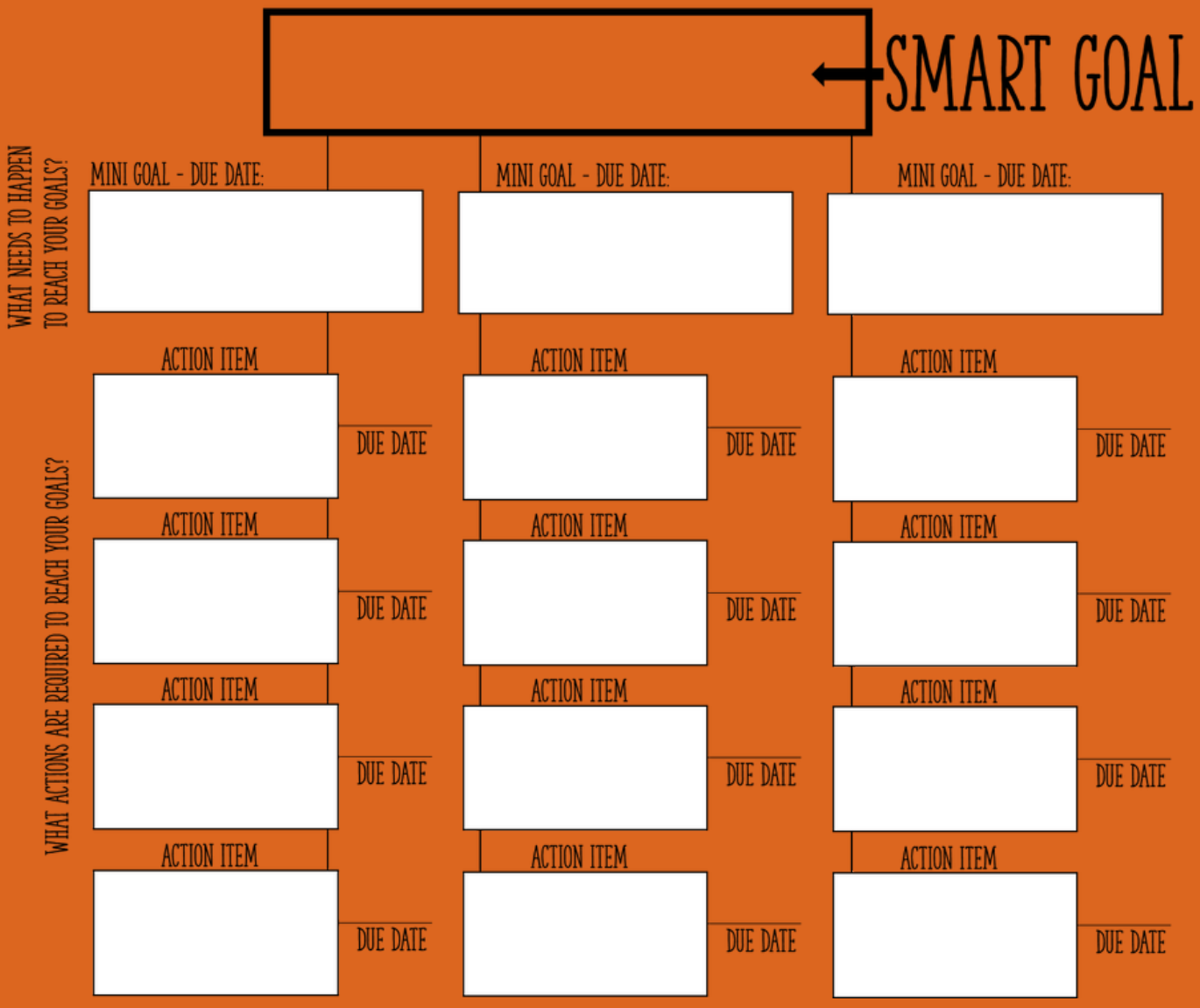
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Great things

NEVER came

from

Comfort zones

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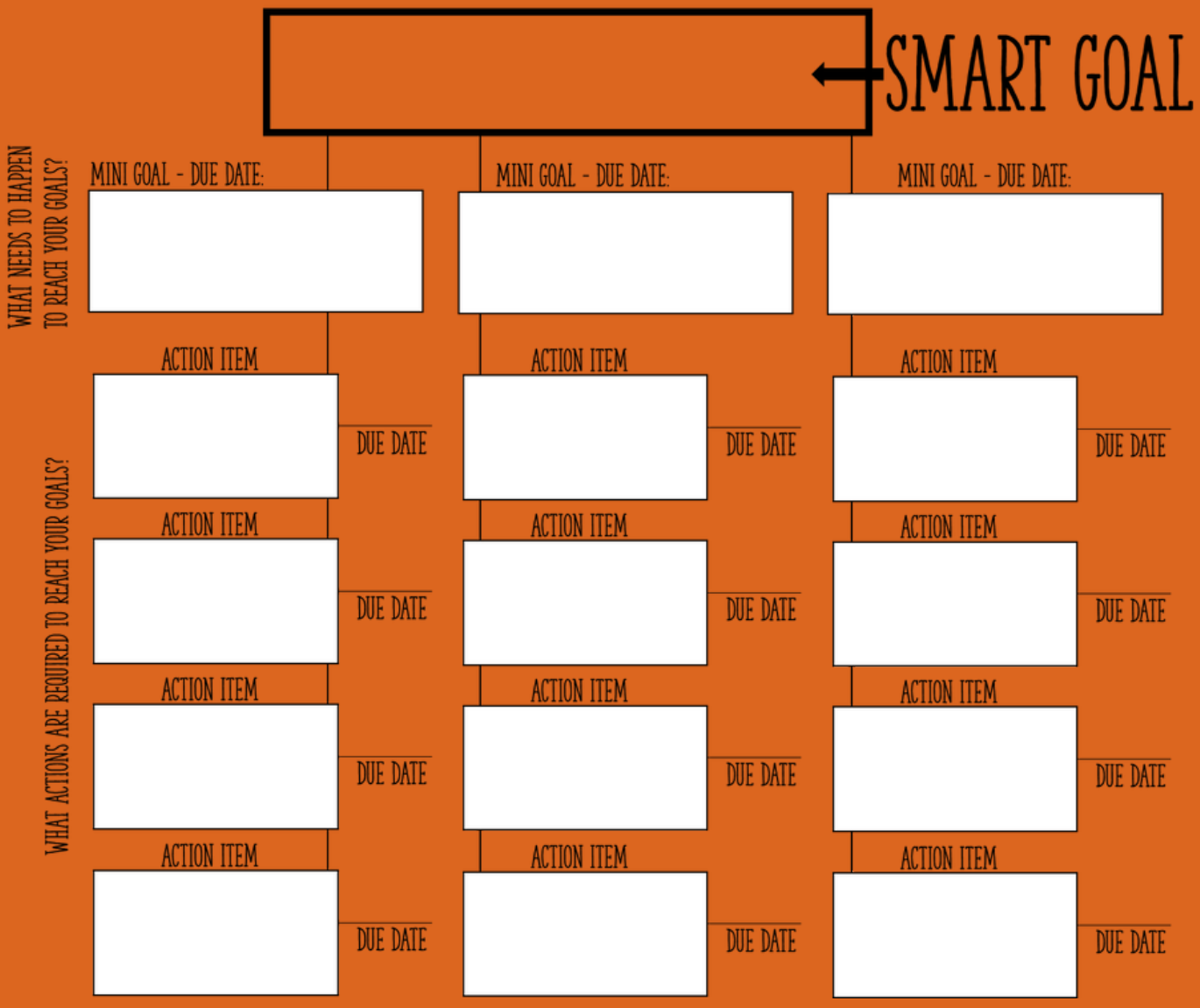
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Don't STOP

UNTIL

you're

PROUD

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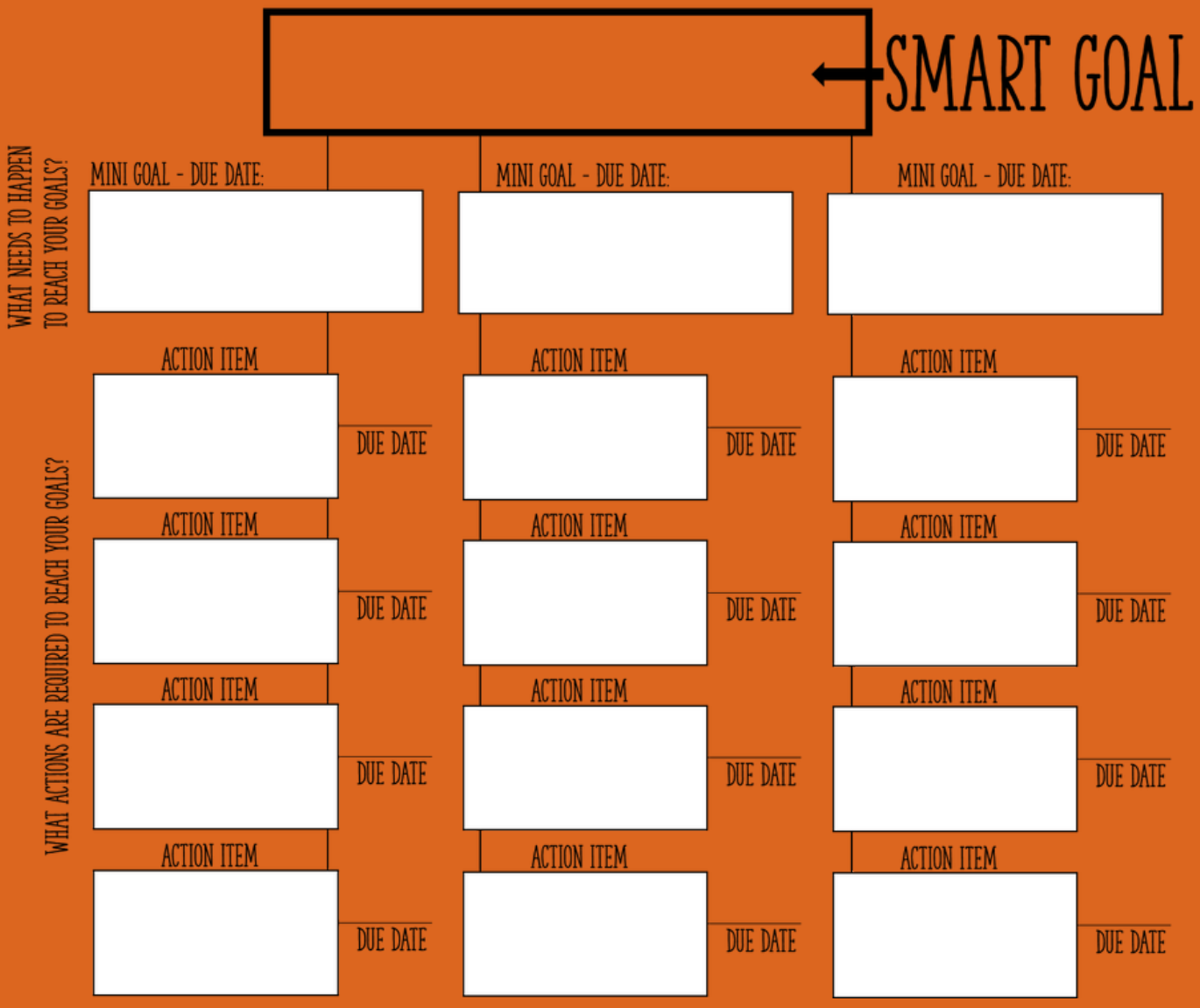
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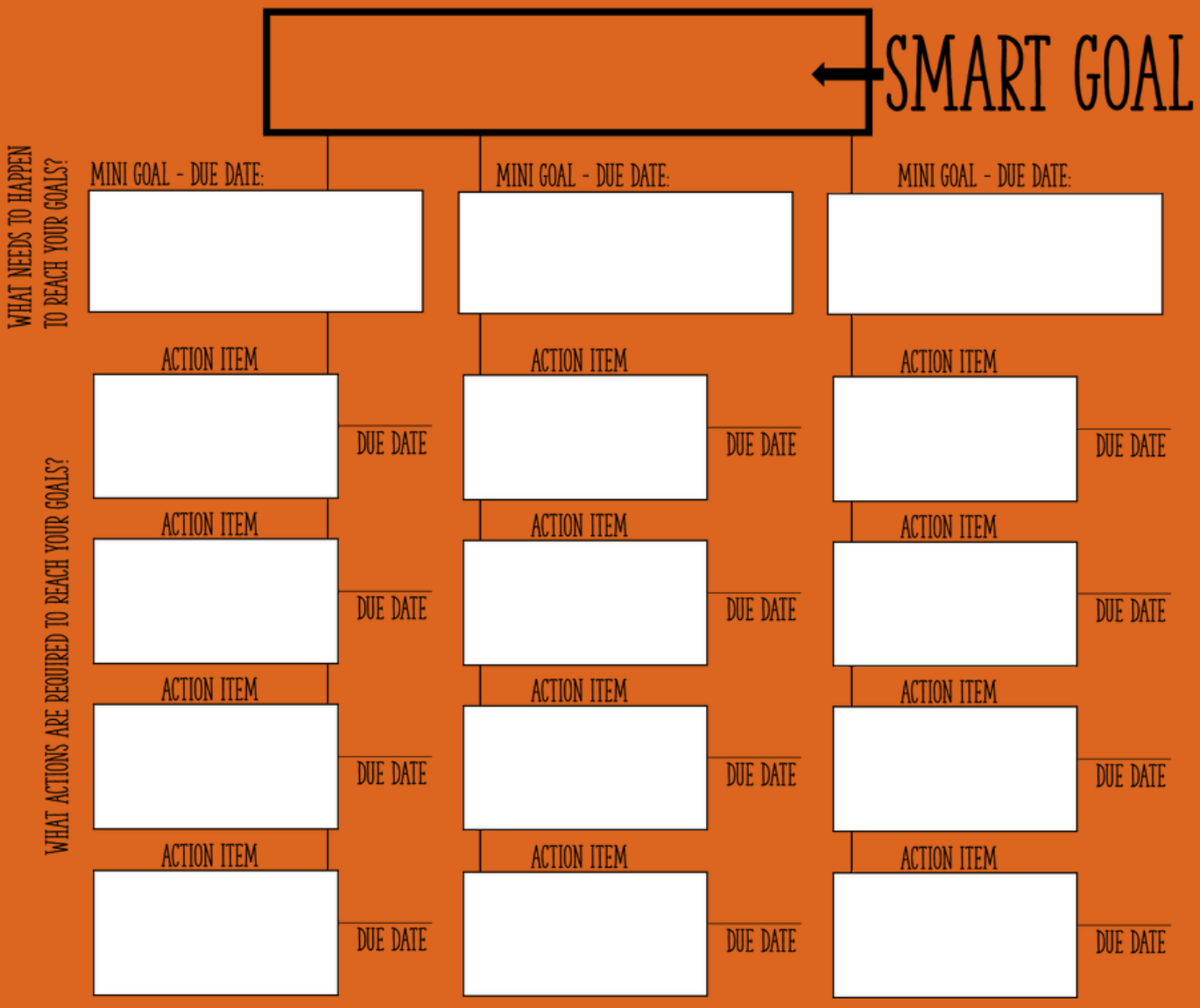
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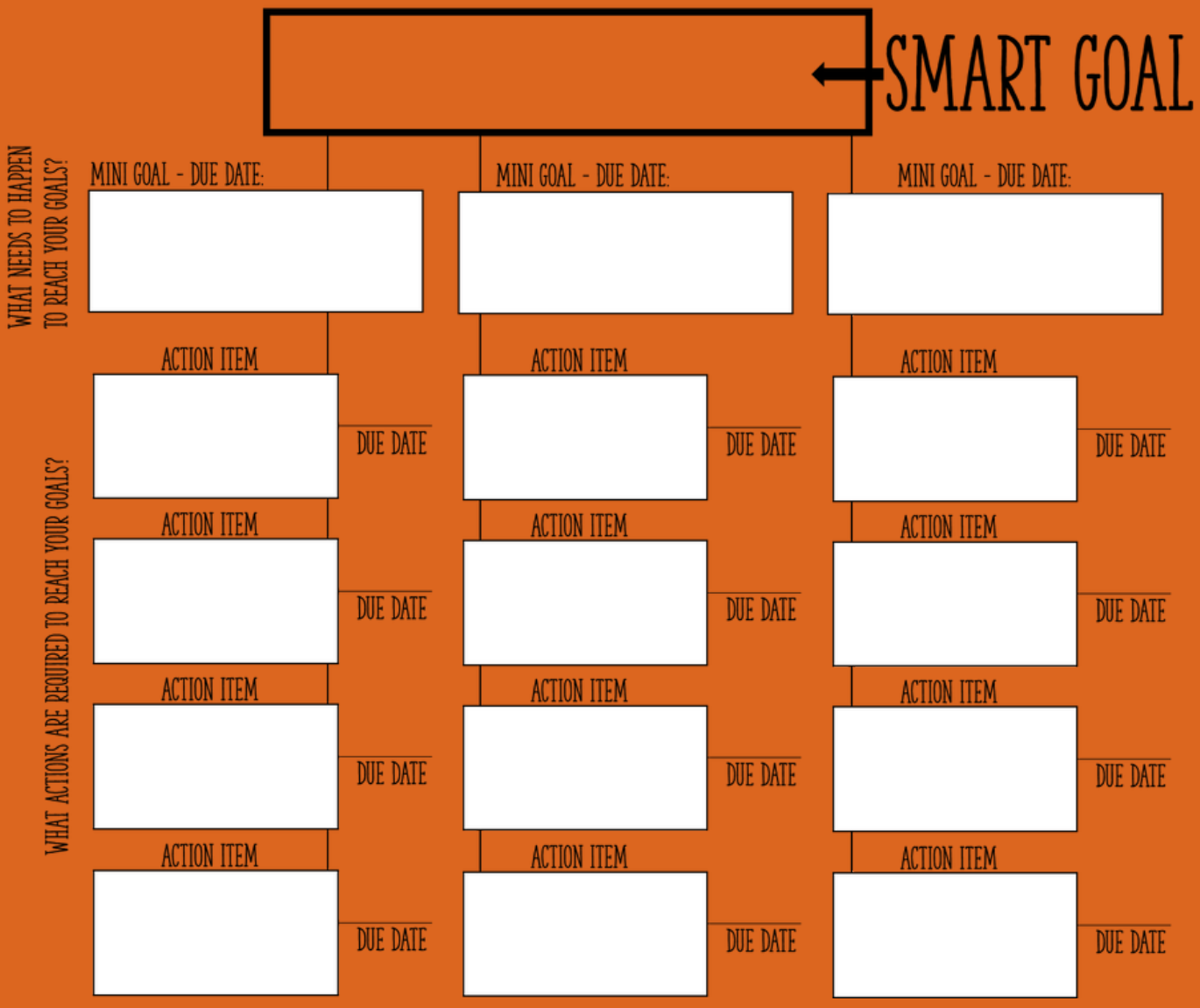
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Move all action items and goals to the due date.
Review all calendars on a regular basis to ensure that you complete all tasks before their due date.

Month:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

NOTES

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NOTES

Stay Focused

Tasks	Due Date	goal aligned task*?
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
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☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐
☐ _____	_____	Yes ☐ No ☐

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