Live... Lead... Grow... 2020

nnual	Goals		Goal Deta
√ #	GOAL STATEMENT WRITE YOUR ANNUAL GOALS HERE.	Q*	GOAL SUMM
			Domain
			KEY MOTIVA
			-
			NEVT CTED
			NEXT STEPS
			-
			YOUR REWA

GOAL SUMMA	.RY w	/RITE YOUI	R SMARTER GOAL.		☐ ACHIEVEMENT GOAL	☐ HABIT GOA
	□ SPIRITUA	AL.	☐ INTELLECTUAL	□ EMOTIONAL	☐ PHYSICAL	□ MARITAL
Domain.	□ PARENTA		SOCIAL	□ VOCATIONAL	☐ AVOCATIONAL	☐ FINANCIAL
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	ONS W	/RITE AND	THEN RANK YOUR KEY	MOTIVATIONS.		
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NEXT STEPS	LI	ST THE FIF	RST FEW ACTIONS YOU	NEED TO TAKE TO REA	CH YOUR GOAL.	
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YOUR REWARI			V YOU WILL CELEBRAT			

	Y BIGGEST WINS top accomplishments from the past quarter.					
STEP 2: Al	FTER ACTION REVIEW					
	our goals for this past quarter. How far did you get?	✓	Perce	ent C	ome	ole:
		0%	25%	50%	75%	
		0%	25%	50%	75%	10
		0%	25%	50%	75%	10
		0%	25%	50%	75%	10
		0%	25%	50%	75%	10
What wor	ked? What didn't?					
NV/lock will l	wuloon doing?					
What will y	you keep doing? What will you ir	mprove?				
What will y	/ou keep doing? What will you ir	mprove?				
What will y	ou keep doing? What will you ir	mprove?				
	you keep doing? What will you in					

*Write the number of the quarter in which the goal is due.

STREAKTRACKERTM

CHECK OFF YOUR PROGRESS AS YOU GO (HELPFUL FOR HABIT GOALS).

M1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
M2	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
М3	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Month:		_ Qu	arterly (Calenda
	_			

Mon	Tues	Wed	Thu	Fri	Sat	Sun	Major Projects

Ideal Week

		Mon	Tues	Wed	Thu	Fri	Sat	Sun
	Stage							İ
ı	5:00-5:30							
	5:30-6:00						••••••	
sau	6:00-6:30						••••••	
Inen	6:30-7:00							
	7:00-7:30							
	7:30-8:00							
	8:00-8:30							
	8:30-9:00							
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	1:00-1:30		•					
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	6:00-6:30							
	6:30-7:00							
	7:00–7:30							
	7:30-8:00							
	8:00–8:30							
	8:30-9:00							

Daily Rituals

	MORNING RITUAL			WORKDAY STARTUP RITU	JAL
#	Activities Write down each item in your ritual.	Allotted Time	#	Activities Write down each item in your ritual.	Allotted Time
	Tota	l Time		Tota	al Time

		WORKDAY SHUTDOWN RITUAL	
#	Activities	Write down each item in your ritual.	Allotted Time

Total Time

	EVENING RITUAL									
#	Activities	Write down each item in your ritual.		Allotted Time						
		T	otal Time							