

GOALS!

	Day	MORNING	AFTERNOON	EVENING	7+ Days		Day	MORNING	AFTERNOON	EVENING	7+ Days
1	NOV 15						40	DEC 25			
2	NOV 16						41	DEC 26			
3	NOV 17						41	DEC 27			
4	NOV 18						42	DEC 28			
5	NOV 19						42	DEC 29			
6	NOV 20						43	DEC 30			
7	NOV 21						43	DEC 31			
8	NOV 22						44	JAN 01			
9	NOV 23						44	JAN 02			
10	NOV 24						45	JAN 03			
11	NOV 25						45	JAN 04			
12	NOV 26						46	JAN 05			
13	NOV 27						46	JAN 06			
14	NOV 28						47	JAN 07			
15	NOV 29						47	JAN 08			
16	NOV 30						48	JAN 09			
17	DEC 01						48	JAN 10			
18	DEC 02						49	JAN 11			
19	DEC 03						49	JAN 12			
20	DEC 04						50	JAN 13			
21	DEC 05						50	JAN 14			
22	DEC 06						51	JAN 15			
23	DEC 07						51	JAN 16			
24	DEC 08						52	JAN 17			
25	DEC 09						52	JAN 18			
26	DEC 10						53	JAN 19			
27	DEC 11						53	JAN 20			
28	DEC 12						54	JAN 21			
29	DEC 13						54	JAN 22			
30	DEC 14						55	JAN 23			
31	DEC 15						55	JAN 24			
32	DEC 16						56	JAN 25			
33	DEC 17						56	JAN 26			
34	DEC 18						57	JAN 27			
35	DEC 19						57	JAN 28			
36	DEC 20						58	JAN 29			
37	DEC 21						58	JAN 30			
38	DEC 22						59	JAN 31			
39	DEC 23						59	TOTALS			

MY BIG SCARY OUTCOME GOAL IS TO

BY _____
(Date)

MY 3 MAIN PROCESS/WEEKLY GOALS ARE

1) TO _____
every Day/every OTHER Day/every Week

Tier 1 _____
Tier 2 _____
Tier 3 _____

2) TO _____
every Day/every OTHER Day/every Week

Tier 1 _____
Tier 2 _____
Tier 3 _____

3) TO _____
every Day/every OTHER Day/every Week

Tier 1 _____
Tier 2 _____
Tier 3 _____

MY OTHER 2 GOALS THAT I AM ALREADY ACCOMPLISHING PRETTY WELL ARE:

4) TO _____
every Day/every OTHER Day/every Week

5) TO _____
every Day/every OTHER Day/every Week