

CREATING A CRUSHABLE *goal*



GOAL

I WILL _____

BY: _____

BE SPECIFIC AND SMART

WHY

HOW WILL I FEEL WHEN THIS GOAL IS CRUSHED



TODAY'S DATE

DEADLINE

"A GOAL IS A DREAM WITH A DEADLINE" -NAPOLEON HILL

HOW I WILL CELEBRATE



OBSTACLES TO OVERCOME

HOW WILL I DEAL WITH SETBACKS



KEY STEPS (MILE MARKERS)

7 _____

6 _____

5 _____

4 _____

3 _____

2 _____

1 _____

MEASUREMENT LOG

DATE	MEASURE	DATE	MEASURE

NOTES

