

Monthly Goals ✨

JANUARY

FEBRUARY

MARCH

APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER



Goal Tracker

START DATE : _____

END DATE : _____

DIRECTIONS:

TO SET A MEANINGFUL GOAL, START BY **CHOOSING A WORD** THAT REPRESENTS YOUR FOCUS, SUCH AS "GROWTH" OR "BALANCE."

NEXT, IDENTIFY SOMETHING **YOU WILL STOP DOING**, LIKE PROCRASTINATION, AND SOMETHING **YOU WILL START DOING**, LIKE PRIORITIZING TASKS.

FINALLY, **EXPLAIN WHY** THIS IS A GOAL FOR YOU—WHETHER IT'S TO INCREASE PRODUCTIVITY, IMPROVE WELL-BEING, OR ADVANCE IN YOUR PERSONAL OR PROFESSIONAL LIFE.

GOAL WORD

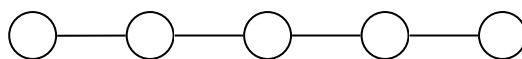
STOPPING

STARTING

MY WHY

ACTION STEP

PROGRESS





ACTION TRACKER



“A journey of a thousand miles begins with a single step.”

–Lao Tzu

HABIT :

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		

HABIT :

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		

HABIT :

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		

HABIT :

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		

HABIT :

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		

HABIT :

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		

