



SMART Micro-Growth Goals & Daily Action System

12-Week Sprint Planner — Personal | Professional | Hunting

This planner is built on the SMART framework: Specific, Measurable, Achievable, Relevant, and Time-bound. Break your year into 12-week sprints. Set goals across three categories. Win the day. Stack the weeks. Build the life.

HUNTER INFORMATION

Name _____

Sprint End Date (12 wks) _____

Sprint Start Date _____

SMART COMPONENT	WHAT IT MEANS
Specific	Exactly what will be done — no vague language
Measurable	How you track progress daily and weekly
Achievable	Realistic but genuinely challenging
Relevant	Directly tied to your bigger vision and identity
Time-bound	Anchored to this 12-week sprint — not "someday"

PERSONAL MICRO-GOALS

1. Spiritual & Mental Discipline

Goal: Daily devotional + 5-min journal reflection, 6 of 7 days/week.

Daily Action: Write one lesson you will apply that day.

My Specific Version of This Goal: _____

2. Emotional Awareness & Presence

Goal: Identify and name one emotion per day + your response choice.

Daily Action: Ask one family member how their day was — and listen fully.

My Specific Version of This Goal: _____

3. Marriage & Family Investment

Goal: One intentional connection action daily (text, compliment, help, question).

Daily Action: Do one act of service at home without being asked.

My Specific Version of This Goal: _____



4. Physical Conditioning

Goal: Workout + run or ruck 4 days/week, 45–60 min per session.

Daily Action: Push one workout past your comfort zone every day.

My Specific Version of This Goal:

5. Learning & Growth

Goal: Read 10 minutes or 3 pages per day, minimum.

Daily Action: Write 1 idea you could apply in life or business.

My Specific Version of This Goal:

PROFESSIONAL MICRO-GOALS

1. Delegation & Systems

Goal: Document or transfer 1 responsibility per week — 12 tasks in 12 weeks.

Daily Action: Ask: "Who owns this instead of me?"

My Specific Version of This Goal:

2. Leadership Presence

Goal: Purposeful check-in with 1 team member daily, 5 per week.

Daily Action: Give 1 piece of genuine encouragement or clarity.

My Specific Version of This Goal:

3. Content & Brand Growth

Goal: Create or upgrade 2 pieces of content per week — 24 pieces total.

Daily Action: Write at least 1 paragraph per day toward your content goals.

My Specific Version of This Goal:

4. Financial Command

Goal: Review finances 15 minutes daily, 6 days per week.

Daily Action: Note one unnecessary expense or one financial opportunity.

My Specific Version of This Goal:

5. Strategic Thinking

Goal: 1 weekly 30-minute CEO Session — calendar blocked, non-negotiable.

Daily Action: Write one long-term improvement idea from your session.

My Specific Version of This Goal:

HUNTING MICRO-GOALS



1. Shooting Excellence

Goal: Shoot 40 arrows/day x 5 days/week — 200 arrows minimum per week.

Daily Action: 10 shots from awkward or non-standard positions.

My Specific Version of This Goal:

2. E-Scouting

Goal: Study 1 drainage or terrain feature per day, 5 per week, 15 min each.

Daily Action: Drop at least 1 new pin or waypoint on your mapping app.

My Specific Version of This Goal:

3. Education

Goal: Watch or listen to 10 minutes of elk hunting content per day.

Daily Action: Note 1 key thing learned and how you will apply it in the field.

My Specific Version of This Goal:

4. Gear Preparation

Goal: Acquire and field-test 1 key item every 3 weeks — 4 items by end of sprint.

Daily Action: Research or physically test one piece of gear today.

My Specific Version of This Goal:

5. Physical Endurance

Goal: Add one weighted hike or mountain run per week — 12 total sessions.

Daily Action: Progress distance or pack weight each week without exception.

My Specific Version of This Goal:

WEEKLY SCORECARD

WEEK	PERSONAL /30	PROFESSIONAL /30	HUNTING /25	TOTAL /85	WIN OF THE WEEK
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					



WEEK	PERSONAL /30	PROFESSIONAL /30	HUNTING /25	TOTAL /85	WIN OF THE WEEK
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

SUNDAY REFLECTION

1. Biggest win this week:

2. Biggest struggle this week:

3. What I will fix or adjust next week:

4. One thing I am grateful for:

RULE: Never miss two days in a row. | FOCUS: Win the day. Stack the weeks. Build the man.