

GOAL SETTING WORKSHEET

THE BIG PICTURE

IN 10 YEARS I WILL....

IN 5 YEARS I WILL...

IN 1 YEAR I WILL...

IN 12 WEEKS I WILL...

FOUR WEEK MILESTONES

WEEK 1:

WEEK 2:

WEEK 3:

WEEK 4:

THIS WEEK'S MILESTONES

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY/SUNDAY:

WHAT CAN I DO RIGHT NOW TO WORK TOWARDS MY GOALS?



WE DON'T WORK 8 TO 5, WE WORK **START TO FINISH!**[®]