

MY GOALS + ROUTINE

BIG PICTURE GOALS:

1.

2.

3.

GOAL 1 MILESTONES:

1.

Target date for achieving milestone:

2.

Target date:

3.

Target date:

GOAL 2 MILESTONES:

1.

Target date for achieving milestone:

2.

Target date:

3.

Target date:

GOAL 3 MILESTONES:

1.

Target date for achieving milestone:

2.

Target date:

3.

Target date:

GOALS FOR THIS QUARTER:

1.

Target date:

2.

Target date:

3.

Target date:

NOTES:

GOALS FOR THE WEEK OF _____, 2020

WEEKLY GOALS:

1.

2.

3.

WEEKLY STRETCH GOALS:

1.

2.

3.

MONDAY TASKS:

Professional:

Personal:

TUESDAY TASKS:

Professional:

Personal:

WEDNESDAY TASKS:

Professional:

Personal:

THURSDAY TASKS:

Professional:

Personal:

FRIDAY TASKS:

Professional:

Personal:

MY ROUTINE

Time:

Task:

I PLEDGE TO NOT...

1.

2.

3.

4.

5

6

NOTES: