

# 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.

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Target date:

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3.

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Target date:

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GOALS FOR THIS QUARTER:

1.

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Target date:

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2.

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Target date:

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3.

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Target date:

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NOTES:

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GOALS FOR THE WEEK OF \_\_\_\_\_, 2020

WEEKLY GOALS:

1.

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2.

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3.

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WEEKLY STRETCH GOALS:

1.

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2.

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3.

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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:

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