My Goals

Month:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Year:\_\_\_\_\_\_\_\_

Top 3 Goals: (Specific, Measurable, Achievable)

1.

2.

3.

Goal #1: Deadline to Achieve:\_\_\_\_\_\_\_

1. Why is this so important to me?

2. Is this something I’m willing to give up what I want NOW for what I want MOST? **Y / N**

3. List 3 Action Steps I’m going to take to achieve this goal:

Goal #2: Deadline to Achieve:\_\_\_\_\_\_\_

1. Why is this so important to me?

2. Is this something I’m willing to give up what I want NOW for what I want MOST? **Y / N**

3. List 3 Action Steps I’m going to take to achieve this goal:

Goal #3: Deadline to Achieve:\_\_\_\_\_\_\_

1. Why is this so important to me?

2. Is this something I’m willing to give up what I want NOW for what I want MOST? **Y / N**

3. List 3 Action Steps I’m going to take to achieve this goal: