

Getting consistent in my goals

Current growth goal:

Milestones I expect along the way (signs I've progressed):

Tangible steps I need to take to reach my milestones:

Daily:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

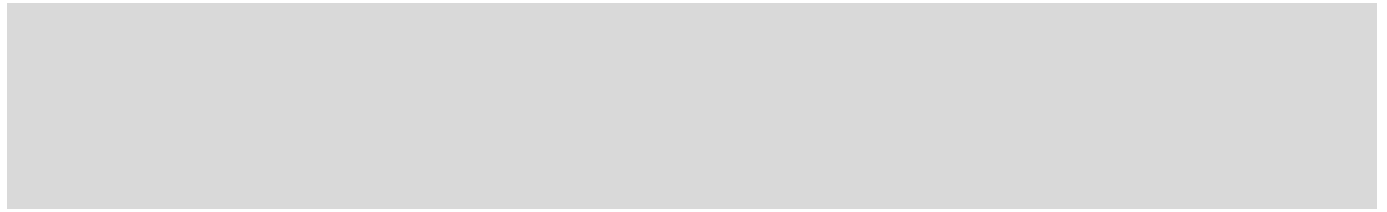
Weekly:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

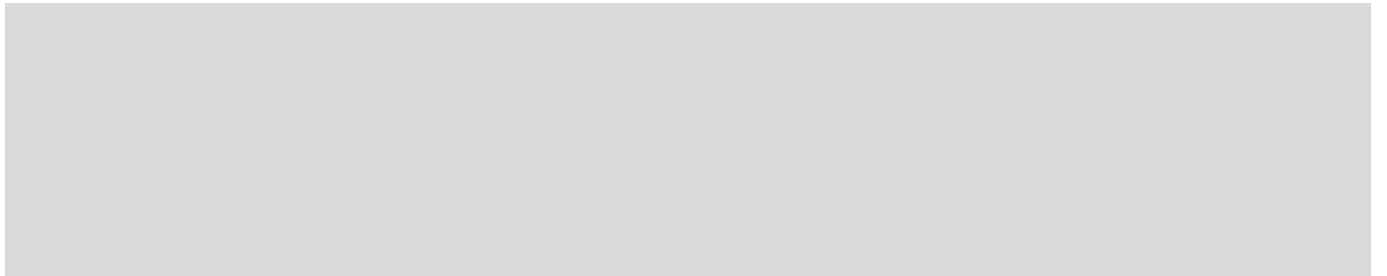
Monthly:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Why I want to reach this goal - the future reality I am creating for myself:
(i.e. more energy for my passions, more time for my people, etc)

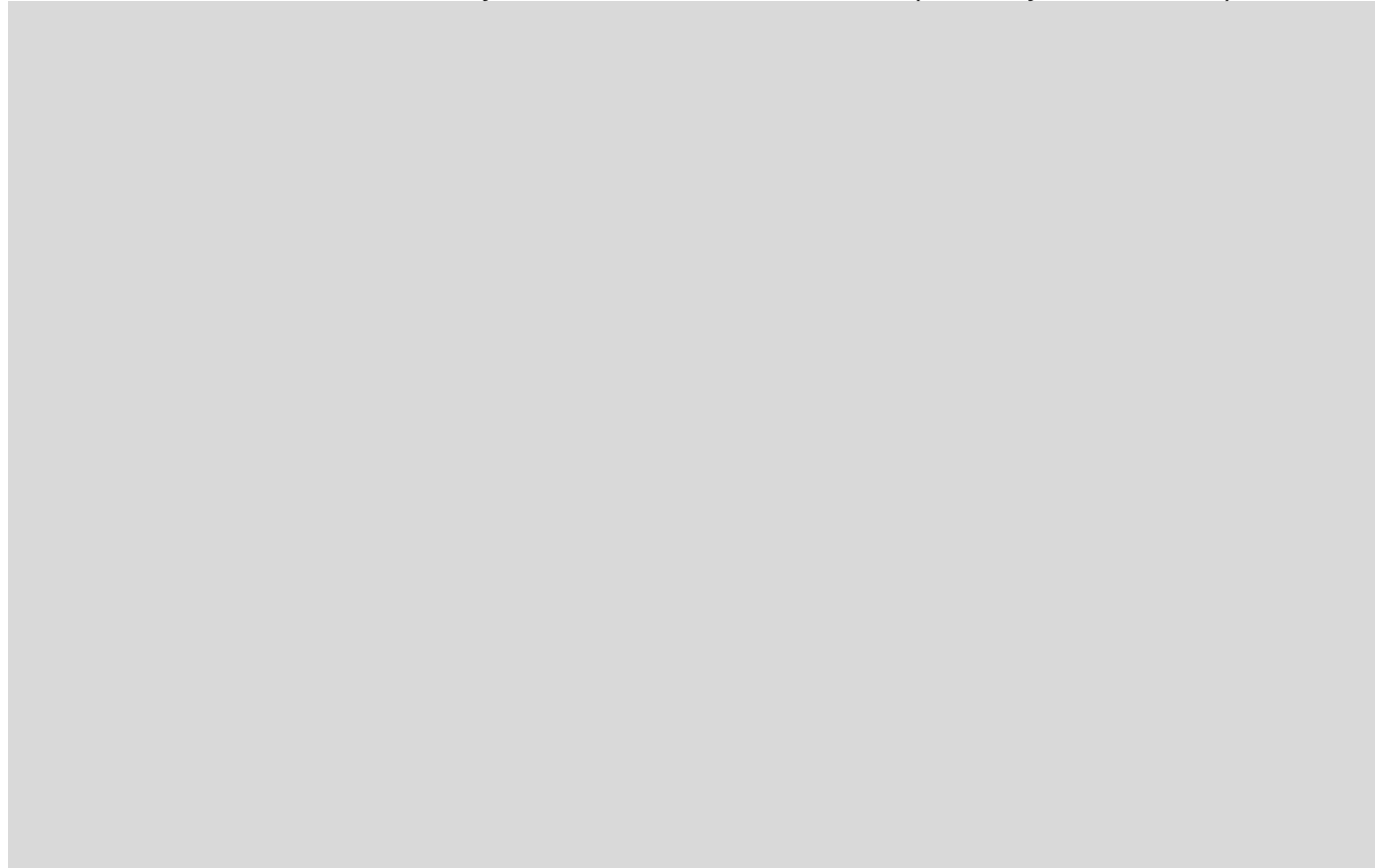


People I will invite in + how I will involve them:



Message to myself when I'm tired of the "not yet":

(What words of clarity, purpose, faith, and commitment to the process can you share with yourself for those moments when it feels like you can't take another second or put in any more effort??)



Deadlines + Celebration

Milestone		Deadline:		How I will celebrate
_____	•	_____	•	_____
_____	•	_____	•	_____
_____	•	_____	•	_____
_____	•	_____	•	_____
_____	•	_____	•	_____
_____	•	_____	•	_____
_____	•	_____	•	_____

Extra notes:

Was this helpful? Click one of the buttons below to share it with your friends!

You rock!

