

GOAL

Category

Health

Work

Relationships

Education

Personal growth

Finances

Home

Adventure

Everyday routine

Family

What is the goal?

Deadline

Deadline

Action steps

Started



Done



Resources that will help me accomplish this goal.

(Websites, apps, podcasts, books, people)

Reward

REVIEW

Did you accomplish this goal ?

Yes / No

Why?:

Did I respect the deadline?

Yes / No

Why?:

Does having accomplished this goal bring value to my life?

Yes / No

Why?:

What went well?

What could I improve on?

What did I learn?
