



GOAL & PROJECT
PLANNER

*Motivate yourself, build habits,
& hit your targets!*





TOP GOALS

{ List your top goals with motivations for achieving it and habits that will help you get there.
Monitor your progress by filling in the progress bar below each goal as you check in later.

GOAL >>>

MOTIVATION FOR THIS GOAL	HABITS TO GET YOU THERE
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GOAL >>>

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BIG PROJECTS

{ List your top projects with motivations for taking it on and milestones to help you complete it.
Monitor your progress by filling in the progress bar below each project as you check in later.

PROJECT >>>

MOTIVATION FOR THIS PROJECT	MILESTONES
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WEEKLY TARGETS

{ List 3 - 5 main things you want to accomplish this week and make a note of the goal or project they are associated with.

1

GOAL/PROJECT ASSOCIATED >>>

2

GOAL/PROJECT ASSOCIATED >>>

3

GOAL/PROJECT ASSOCIATED >>>

4

GOAL/PROJECT ASSOCIATED >>>

5

GOAL/PROJECT ASSOCIATED >>>



DAILY ACTIONS

{ List and check off your actions for the day that will help you achieve your weekly targets.

MON

<<< DATE

a.m. ACTIONS	p.m. ACTIONS
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TUE

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WED

<<< DATE

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THU

<<< DATE

a.m. ACTIONS

p.m. ACTIONS

FRI

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a.m. ACTIONS

p.m. ACTIONS

SAT

<<< DATE

a.m. ACTIONS

p.m. ACTIONS

SUN

<<< DATE

a.m. ACTIONS

p.m. ACTIONS



WEEKLY REVIEW

{ Way to go, you made it through another week! Now capture what went well, what could have been better, and the things to keep in mind for the future.

WEEK OF: _____

WHAT WENT WELL?

WHAT COULD HAVE BEEN BETTER?

WHAT DO YOU WANT TO MAKE NOTE OF FOR FUTURE YOU?



REMINDER

Look back at your main goals & projects to help you stay on track and update progress.



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