

DAILY GOALS

ARE YOU READY TO REACH YOUR GOALS?

DATE: ___/___/___

S M T W T F S

THE GOAL:

MILESTONES & ACTIONS

SETBACKS

CATEGORY:

1. _____

DEADLINE:

IMPORTANCE: ○ ○ ○ ○ ○ ○ ○ ○

MOTIVATION

WHY IS IT IMPORTANT TO ME?

2. _____

OBJECTIVE ACOMPLISHED

MY REWARD

3. _____

REFLECTION