

DAILY GOALS

ARE YOU READY TO REACH YOUR GOALS?

DATE: ____/____/____

S M T W T F S

THE GOAL:

CATEGORY:

DEADLINE:

IMPORTANCE: ○ ○ ○ ○ ○ ○ ○ ○

WHY IS IT IMPORTANT TO ME?

MY REWARD

MILESTONES & ACTIONS

1. _____

2. _____

3. _____

SETBACKS

MOTIVATION

OBJECTIVE ACOMPLISHED

REFLECTION