

Your goal Buttoned Up.™

Sticking to the goals we set for ourselves is hard to do. This can be especially true for New Year's resolutions. This form is designed to help you articulate your goal clearly, create an easy to follow roadmap by breaking it down into a series of mini tasks, and most importantly, help you plan ahead for the inevitable slip-ups so they don't cause you to throw up your hands in defeat. Before you know it, you'll have arrived at your destination.

The form is a flowchart-style template for goal setting. It begins with a dark purple box labeled "goal" with an arrow pointing to a large, empty light purple rectangular box. Below this is a light green box labeled "do by" with an arrow pointing to a vertical line. To the left of this line is a dark purple box labeled "tasks" with an arrow pointing to a list of five numbered circles (#1 to #5). Each circle has an arrow pointing to a light purple rectangular box. To the right of each task box are two small circles: a pink one labeled "done" and a blue one labeled "not done". Arrows from the "not done" circles point to a vertical line of five green rectangular boxes. Below the "tasks" section is a blue box labeled "tips to get back on track" with an arrow pointing to a light blue rectangular box with horizontal lines. To the right of this box is a green box. Below the "tips to get back on track" box is a white box labeled "notes" with four horizontal lines. To the right of the "notes" box is a dark purple box labeled "reward" with an arrow pointing to a light purple rectangular box. Below the "reward" box is a dark purple box labeled "next goal!" with an arrow pointing to the right. Arrows indicate the flow: from "goal" to the first light purple box; from "do by" to the vertical line; from "tasks" to the numbered circles; from the "not done" circles to the green boxes; from the green boxes to the "next goal!" box; from the "reward" box to the "next goal!" box; and from the "tips to get back on track" box to the "next goal!" box.

goal →

do by

tasks

#1 →

#2 →

#3 →

#4 →

#5 →

done not done

done not done

done not done

done not done

done not done

done not done

tips to get back on track

notes

reward →

next goal!