

# 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 starts with a 'goal' box pointing to a large purple box for the goal description. Below this is a 'do by' box. The main section is 'tasks', which includes five numbered task boxes (#1 to #5). Each task box has a 'done' and 'not done' checkbox. To the right of the tasks are five green boxes for tracking. Below the tasks is a 'tips to get back on track' box with a light blue box for notes. At the bottom, there is a 'reward' box pointing to a purple box, and a 'next goal!' box. A 'notes' section is located at the bottom left.

goal → [ ]

do by [ ]

tasks

- #1 → [ ] → done  not done
- #2 → [ ] → done  not done
- #3 → [ ] → done  not done
- #4 → [ ] → done  not done
- #5 → [ ] → done  not done

tips to get back on track → [ ]

notes

reward → [ ]

next goal! → [ ]