

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.

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

[]

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reward → [] → **next goal!**