

My goal is:

I will know I have achieved my goal when:

The reason I want this goal is because it will give me:

If I don't make this change in the long term it will cost me:

The actions I can take to achieve this goals are:

Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28