

GOAL PLANNER



MY ULTIMATE GOAL

TO ACHIEVE MY GOAL, I COMMIT TO...

- | | TICK WHEN DONE |
|----------|--------------------------|
| 1. _____ | ☐ |
| 2. _____ | ☐ |
| 3. _____ | ☐ |

SHORT TERM GOAL 1

ACTION STEPS

TICK WHEN DONE

- | | |
|----------|--------------------------|
| 1. _____ | ☐ |
| 2. _____ | ☐ |
| 3. _____ | ☐ |
| 4. _____ | ☐ |
| 5. _____ | ☐ |
| 6. _____ | ☐ |
| 7. _____ | ☐ |

SHORT TERM GOAL 2

ACTION STEPS

TICK WHEN DONE

- | | |
|----------|--------------------------|
| 1. _____ | ☐ |
| 2. _____ | ☐ |
| 3. _____ | ☐ |
| 4. _____ | ☐ |
| 5. _____ | ☐ |
| 6. _____ | ☐ |
| 7. _____ | ☐ |

MID-TERM GOAL 1

ACTION STEPS

TICK WHEN DONE

- | | |
|----------|--------------------------|
| 1. _____ | ☐ |
| 2. _____ | ☐ |
| 3. _____ | ☐ |
| 4. _____ | ☐ |
| 5. _____ | ☐ |
| 6. _____ | ☐ |
| 7. _____ | ☐ |

MID TERM GOAL 2

ACTION STEPS

TICK WHEN DONE

- | | |
|----------|--------------------------|
| 1. _____ | ☐ |
| 2. _____ | ☐ |
| 3. _____ | ☐ |
| 4. _____ | ☐ |
| 5. _____ | ☐ |
| 6. _____ | ☐ |
| 7. _____ | ☐ |

