



# Goal Planner 2020

|                |                                      |
|----------------|--------------------------------------|
| <b>MY GOAL</b> | <b>DEADLINE</b> <input type="text"/> |
|                | <b>CATEGORY</b> <input type="text"/> |
|                | <b>IMPORTANCE</b> ● ● ● ●            |

## MILESTONES

List the milestones steps to achieve them.

| 1                              | 2                              | 3                              |
|--------------------------------|--------------------------------|--------------------------------|
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

## ACTION PLAN

Concrete plan and dates to help you achieve those goals.

## DATE

|       |       |
|-------|-------|
| _____ | ..... |
| _____ | ..... |
| _____ | ..... |
| _____ | ..... |
| _____ | ..... |
| _____ | ..... |
| _____ | ..... |
| _____ | ..... |

|  |   |
|--|---|
| <b>SETBACKS</b><br>What were some of the obstacles you are facing? | <b>MOTIVATION</b><br>Reward, growth, social contract; what keeps you going? |
|--|---|

**YOUR GOAL ACHIEVED ON:**