

My Goals

PRIORITY 1	
FOCUS AREAS	

PRIORITY 2	
FOCUS AREAS	

PRIORITY 3	
FOCUS AREAS	

PRIORITY 4	
FOCUS AREAS	

PRIORITY 5	
FOCUS AREAS	

PRIORITY 6	
FOCUS AREAS	

Breaking Down My Goal

INTO BITE-SIZED PIECES

PRIORITY #1

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

MONTHLY PROGRESS CHECKUP	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

Breaking Down My Goal

INTO BITE-SIZED PIECES

PRIORITY #2

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

MONTHLY PROGRESS CHECKUP	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

Breaking Down My Goal

INTO BITE-SIZED PIECES

PRIORITY #3

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

MONTHLY PROGRESS CHECKUP	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

Breaking Down My Goal

INTO BITE-SIZED PIECES

PRIORITY #4

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

MONTHLY PROGRESS CHECKUP	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

Breaking Down My Goal

INTO BITE-SIZED PIECES

PRIORITY #5

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

MONTHLY PROGRESS CHECKUP	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	

Breaking Down My Goal

INTO BITE-SIZED PIECES

PRIORITY #6

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

FOCUS AREA:		END DATE:	
SMALLER GOALS			

MONTHLY PROGRESS CHECKUP	JANUARY CHECKUP		APRIL CHECKUP		JULY CHECKUP		OCTOBER CHECKUP	
	FEBRUARY CHECKUP		MAY CHECKUP		AUGUST CHECKUP		NOVEMBER CHECKUP	
	MARCH CHECKUP		JUNE CHECKUP		SEPTEMBER CHECKUP		DECEMBER CHECKUP	