

Goals & Systems Worksheet

This Year, I Will (think big!)...

This is my major focus this year. The one thing I AM going to do.

Why this is important to me:

Micro-habits (both what and when):

Possible Obstacles & How I'll Overcome Them:

Weekly Check-In #1: What worked? What needs adjusted?

Weekly Check-In #2: What worked? What needs adjusted?

Weekly Check-In #3: What worked? What needs adjusted?

Weekly Check-In #4: What worked? What needs adjusted?

Monthly Check-In #1: What worked? What needs adjusted?

Monthly Check-In #2: What worked? What needs adjusted?

Monthly Check-In #3: What worked? What needs adjusted?

Monthly Check-In #4: What worked? What needs adjusted?

Monthly Check-In #5: What worked? What needs adjusted?

Monthly Check-In #6: What worked? What needs adjusted?

Semi-Annual Check-In: What is working? Does anything need to be adjusted?