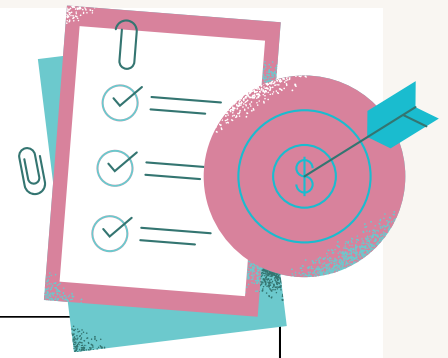




# Goal Planner

**(c)JenDodrillWrites**

# Goals planner



- **Define Your Goals:** Clearly explain your short-term and long-term goals. Ensure each is specific, measurable, achievable, relevant, and time-bound (SMART).
- **Prioritize Your Goals:** Rank your goals in order of importance and urgency. Then, identify which goals most align with your overall vision and values.
- **Break Down Goals:** Divide each major goal into smaller, more manageable tasks. Create a timeline for achieving each sub-task.
- **Set Deadlines:** Assign realistic deadlines to each goal and sub-task. Ensure deadlines align with your overall timeline for goal achievement.
- **Identify Obstacles:** Anticipate potential challenges and obstacles. Develop strategies to overcome or mitigate each obstacle.
- **Seek Support:** Identify individuals or resources that can support you in achieving your goals. Communicate your goals to friends, family, or mentors for accountability.
- **Monitor Progress:** Regularly assess your progress toward each goal. Adjust your approach as needed and *celebrate small victories*.
- **Stay Flexible:** Be open to adjusting your goals if circumstances change. Embrace the opportunity to learn and adapt.
- **Stay Motivated:** Keep your goals visible as a reminder. Reflect on the reasons why these goals are important to you.
- **Evaluate and Learn:** Periodically review your goals and overall progress. Learn from successes and setbacks, and use this knowledge for future goal setting.
- **Celebrate Achievements:** Acknowledge and celebrate milestones and achievements. Use positive reinforcement to stay motivated.
- **Regularly Update Your Checklist:** Keep your checklist current by updating it as needed. Adjust goals, deadlines, or strategies based on your evolving circumstances.

# GOALS

Goals :

---

---

---

---

Target :

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Steps :

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# GOALS CHECKLIST

---

Goal :

Steps :

- .....
- .....
- .....
- .....

Target :

- .....
- .....
- .....
- .....

Goal :

Steps :

- .....
- .....
- .....
- .....

Target :

- .....
- .....
- .....
- .....

Goal :

Steps :

- .....
- .....
- .....
- .....

Target :

- .....
- .....
- .....
- .....

Goal :

Steps :

- .....
- .....
- .....
- .....

Target :

- .....
- .....
- .....
- .....

Goal :

Steps :

- .....
- .....
- .....
- .....

Target :

- .....
- .....
- .....
- .....



# Goals Checklist.



*Goal :*

*Steps:*

- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_

*Goal :*

*Steps:*

- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_

*Goal :*

*Steps:*

- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_
- ▶ \_\_\_\_\_





# WEEKLY HABIT TRACKER

HABITS LIST	M	T	W	T	F	S	S
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

NOTE



NAME:

DATE:

# Productive Habit Tracker

MORNING HABITS	M	T	W	T	F	S	S

AFTERNOON HABITS	M	T	W	T	F	S	S

NIGHT HABITS	M	T	W	T	F	S	S

# HABIT TRACKER

<b>TARGET</b>		<b>YEAR</b>	
---------------	--	-------------	--

<b>JANUARY</b>	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	29	30

<b>FEBRUARY</b>	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	29	

<b>MARCH</b>	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	29	30

<b>APRIL</b>	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	29	30

<b>MAY</b>	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	29	30

<b>JUNE</b>	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	29	30

<b>JULY</b>	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	29	30

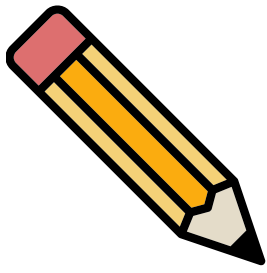
<b>AUGUST</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

<b>SEPTEMBER</b>	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	29	30

<b>OCTOBER</b>	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	29	30

<b>NOVEMBER</b>	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	29	30

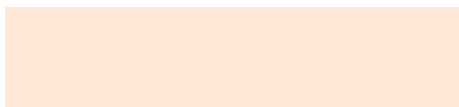
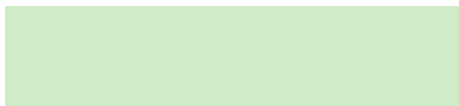
<b>DECEMBER</b>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30



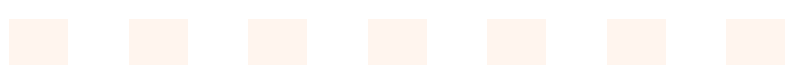
# Habit Tracker

Week: \_\_\_\_\_

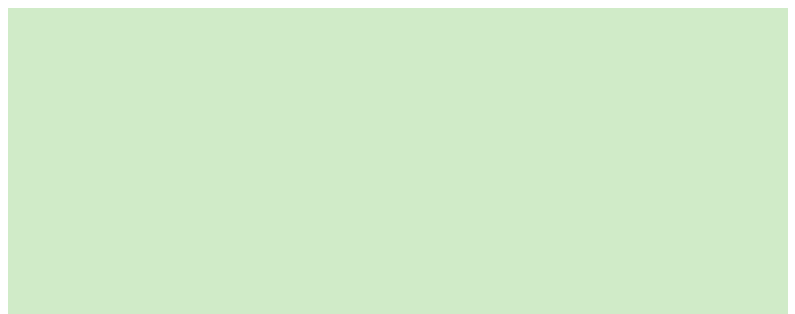
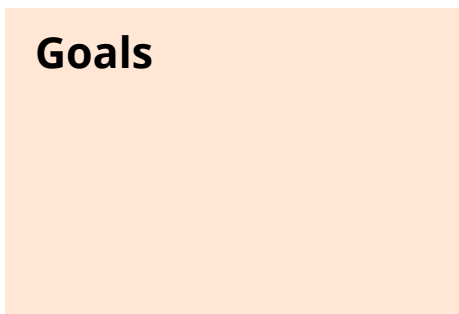
## Habits



M T W T F S S



## Goals



# Habit Tracker

Month:

**Water Tracking**

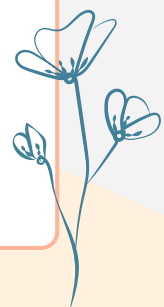


**Mood:**



List of Activity	M	T	W	T	F	S	S
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="text"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Notes**







# TODAY'S CHECKLIST

**NOTE :**

# WEEKLY CHECKLIST

---

○ Sunday

.....

.....

.....

○ Monday

.....

.....

.....

○ Tuesday

.....

.....

.....

○ Wednesday

.....

.....

.....

○ Thursday

.....

.....

.....

○ Friday

.....

.....

.....

# To Do List

## Today's Plan

---

---

---

---

---

---

## Priorities

---

---

---

---

---

## Goals

---

---

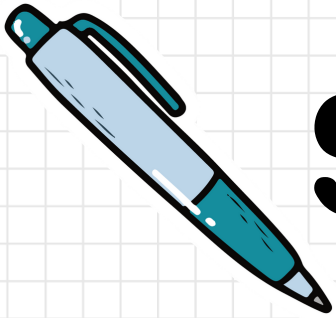
---

---

---



**TO DO LIST**



# SCHEDULE

**SCHEDULE**

Blank area for scheduling, containing seven horizontal white bars on a teal background.

**GOALS**

Blank area for listing goals, enclosed in a light green rounded rectangle.

**DAILY REMINDER**

Blank area for daily reminders, enclosed in a light green rounded rectangle.

**IMPORTANT NOTES**

Blank area for important notes, enclosed in a light orange rounded rectangle with horizontal white lines for writing.

# DAILY PLANNER



oo  
9 p



KEEP :)  
SMILING