

My Daily Goal

1. For each week, Brain dump (on a separate piece of paper) ideas on accomplishing each weekly goal.
2. Break down each weekly goal into 5 tasks (Monday – Friday).
3. Simplify each daily goal and add to the chart below.
4. Cut out each week to place in an area you will see every day (planner, vision board, work desk, the fridge, etc.)
5. As you accomplish each goal, record each outcome.
6. Reflect on your achievements, failures & thoughts for each day in your designated goal journal.
7. After finishing the week, place your weekly chart into this journal.

WK 1	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Task						Take a Break & Reward Yourself	Meditate for Clarity & Guidance
Outcome							

WK 2	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Task						Take a Break & Reward Yourself	Meditate for Clarity & Guidance
Outcome							

WK 3	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Task						Take a Break & Reward Yourself	Meditate for Clarity & Guidance
Outcome							

WK 4	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Task						Take a Break & Reward Yourself	Meditate for Clarity & Guidance
Outcome							