

Examples

My 1 Year Goal

“I want to go on a trip to Italy”

My Monthly Goal

1. Figure out who long the trip will be	5. Check for last minute deals	9. Make a travel itinerary
2. Figure out amount needed	6. Book plane tickets	10. Find a Pet/ House sitter
3. Start a saving plan	7. Book a hotel or Air BnB	11. Change to Automatic bill pay
4. Request vacation time	8. Book a rental car	12. Make a packing list

My Weekly Goal

“Figure out amount needed”

1. Price Tickets	2. Price Rental Car
3. Price Hotel	4. Price Must-See Attractions

My Daily Goal

“Price Tickets”

WK 1	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Task	Find 3 reputable plane ticket companies	Research tickets from company #1	Research tickets from company #2	Research tickets from company #3	Get an average price together for tickets	Take a Break & Reward Yourself	Meditate for Clarity & Guidance
Outcom							