

REVIEW of Monthly Goal

Did I track my progress? What was the end result?: _____

How did I do? Am I satisfied with my work? _____

Did I actually do my plan? Why or why not? _____

What did I learn from this experience? _____

Will I do anything differently next time? _____

Name: _____

My Goal for

Jan / Feb / March / April / May / June / July / Aug / Sept / Oct / Nov / Dec

What do I want the end result to be? _____

PLAN (to make it happen)

The specific action(s) I will do: _____

How often: Daily / Weekly / Other: _____

Number/Time: _____

Time & Place: _____

I will track my progress by: _____

I will hold myself accountable by: _____

I will make my goal visible by: _____

My Mantra for this goal: _____

**CHECK: Is this plan realistic?
If not, adjust it now.**