

THE GOAL TRACKER

WEEK:

MONTH:

STATE YOUR INTENTION: WHAT DO YOU WANT?

COMMIT TO CONSISTENCY: WHAT HABITS MATTER?

DECLARE YOUR GOAL: WHO WILL YOU SHARE THIS WITH?

GET INTO ACTIVITY: WHAT ARE YOUR ACTIONS NOW?

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EVALUATE & PIVOT: WHAT HAVE YOU LEARNED?

PROGRESS BAR

HOW DO YOU FEEL? :



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