



Name	Start Date

GOAL PLANNER

List 3 realistic goals that you have:

Goal end date

1	
2	
3	

(Circle your chosen goal)

Strategies for that chosen goal

- 1) _____
- 2) _____
- 3) _____

(Circle your chosen strategy)

Circle a strategy, then write an action plan for it.

Notes on how you're making your goal a reality

Congratulations on starting towards your new goal. Make a note in your day timer or calendar for around 6 weeks from now. So you can check to see that you're at your goal or if you should choose a different strategy to reach that goal.