

# GOAL-SETTING TEMPALTE

## YOUR BIG GOAL

What is the main goal you want to achieve?

---

---

---

---

## WHY THIS GOAL MATTERS TO YOU?

Why is this goal important for your business/life?

---

---

---

---

## BREAK IT DOWN

Break your big goal into smaller, manageable steps. What needs to happen each month?

Month 1: \_\_\_\_\_

Month 2: \_\_\_\_\_

Month 3: \_\_\_\_\_

Month 4: \_\_\_\_\_

## DAILY HABITS TO SUPPORT THIS GOAL

List small actions you can take every day to stay on track.

---

---

---

---

---

---



# GOAL-SETTING TEMPALTE

## PROGRESS TRACKER

Check in with your progress and plan small rewards for yourself!

Milestone 1:	_____	Reward:	_____
Milestone 2:	_____	Reward:	_____
Milestone 3:	_____	Reward:	_____
Milestone 4:	_____	Reward:	_____
Milestone 5:	_____	Reward:	_____
Milestone 6:	_____	Reward:	_____
Milestone 7:	_____	Reward:	_____
Milestone 8:	_____	Reward:	_____

## CELEBRATION IDEAS

How will you celebrate when you hit a milestone? (Example: Take a day off, buy something nice, have a fancy meal!)

---

---

---

---

---

---

---

---

---

---

