

1 My goal, in my own words

2 Make it SMART

S	Specific What exactly will you achieve?	
M	Measurable How will you know you're done?	
A	Achievable Why is it realistic with your time?	
R	Relevant Why does it matter to you?	
T	Time-bound By when? What are the checkpoints?	

My SMART goal: _____

3 My daily plan in three levels

MINIMUM No matter what · every day	100% A normal day · 3–4 days a week	MAXIMUM On a roll · 1–2 days a week

4 First step today (under 10 minutes)

5 My if-then plan

When _____ happens, I'll _____.

6 Weekly check-in

WEEK	MINIMUM CLOSED	WHAT HELPED	WHAT GOT IN THE WAY
Week 1	___ / 7 days		
Week 2	___ / 7 days		
Week 3	___ / 7 days		
Week 4	___ / 7 days		

When I reach it, I'll celebrate by...
