**Goals Sheet**

**Daily Goals**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Goal**  **………………………………** | **Steps to achieving goal**  **………………………………………………** | **How will I know I’ve achieved**  **my goal?** | **Reward**  **……………………………** |
| **M** |  |  |  |  |
| **Tu** |  |  |  |  |
| **W** |  |  |  |  |
| **Th** |  |  |  |  |
| **F** |  |  |  |  |
| **Sa** |  |  |  |  |
| **Su** |  |  |  |  |

**Tips:**

* Try to keep language positive and make it actions you do rather than actions you don’t do.
* Start small - these are daily goals so need to be realistically achievable in a day.
* Avoid general statements and try and be specific as you can e.g. rather than get up earlier, get up at 10am instead of 12pm

**Weekly Goals**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **…………………….** | **Goal**  **…………………………………** | **Steps to achieving**  **goal** | **How I will know I’ve**  **achieved my goal?** | **Reward**  **……………………….** |
| **Week 1** |  |  |  |  |
| **Week 2** |  |  |  |  |
| **Week 3** |  |  |  |  |
| **Week 4** |  |  |  |  |
| **Week 5** |  |  |  |  |

**Monthly Goals**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **………………..** | **Goal**  **…………………………………** | **Steps to achieving**  **my goal** | **How will I know I’ve**  **achieved my goal?** | **Reward**  **………………………….** |
| **Month 1** |  |  |  |  |
| **Month 2** |  |  |  |  |
| **Month 3** |  |  |  |  |
| **Month 4** |  |  |  |  |
| **Month 5** |  |  |  |  |
| **Month 6** |  |  |  |  |