

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				