

The Simple Goal Plan

The Goal:

Milestones:

Target Completion:

_____	_____
_____	_____
_____	_____

New Action-Inspiring Habit:

(Include description and frequency to elevate your mindset, energy, progress)

Tasks and Projects List:

Target Completion:

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____