

# Helpful Reminders

BE MINDFUL OF YOUR BANDWIDTH	REVISIT & REASSESS AS NEEDED
Avoid overcommitting to too many action steps or tasks. Prioritize your list to what will make the biggest impact for you now. Remember that you can always go back through the program again & devise new goals.	Keep your worksheets updated as you move through the program. Specifically, remove items when you've completed them (and celebrate) and cull them periodically so you're not overwhelmed by too many tasks.
FIT THIS TO YOUR LIFE	INCORPORATE YOUR SYSTEMS
Your goals can be professional, personal, or a mix. Where you choose to focus is unique to you and your needs. There is no one "right" way to devise your action steps or ambitions – only what's right for you.	Put action items into your personal productivity system. Add important to-do's to your calendar. Set reminders for yourself. Add tasks to your project management system. Keep these worksheets visible so your goals are top-of-mind.
PROGRESS NOT PERFECTION	KEEP THINGS SIMPLE & CONCRETE
You'll likely mark items as done and fill up your progress bar little by little. Incremental progress adds up to major results. You're not aiming for a perfectly checked-off list, but rather to make meaningful progress and to create longer term habits and new ways of approaching situations, which can take time.	Don't overthink or overcomplicate your action items and tasks. The clearer they are, the better and the easier you'll be able to implement them. If you find yourself saying, "but this seems so simple it's silly," then you're on the right track.

# Goal Dashboard

## Monthly Goals

### MONTH 1

Getting  
Started

Half-Way  
There

Celebration  
Time!


### MONTH 2


### MONTH 3




# Weekly Goals

**WEEK**

**1**

**2**

**3**

**4**

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**WEEK**

**5**

**6**

**7**

**8**

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**WEEK**

**9**

**10**

**11**

**12**

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## Daily Goals

WEEK 1	DAY	1	2	3	4	5	6	7
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK 2	DAY	8	9	10	11	12	13	14
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK 3	DAY	15	16	17	18	19	20	21
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK 4	DAY	22	23	24	25	26	27	28
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK 5	DAY	29	30	31	32	33	34	35
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		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK 6	DAY	36	37	38	39	40	41	42
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WEEK 7	DAY	43	44	45	46	47	48	49
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		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK 8	DAY	50	51	52	53	54	55	56
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		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEEK 9	DAY	57	58	59	60	61	62	63
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		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEK 10	DAY	64	65	66	67	68	69	70
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		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**WEEK 11**

DAY	71	72	73	74	75	76	77
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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**WEEK 12**

DAY	78	79	80	81	82	83	84
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**WEEK 13**

DAY	85	86	87	88	89	90
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