



Personal Goals Checklist Template

Date:

Personal Goals
<input type="checkbox"/> Lose 10 pounds
<input type="checkbox"/> Practice guitar (30 minutes/day)
<input type="checkbox"/> Finish 1 book per month
<input type="checkbox"/> Meditate for 20 minutes
<input type="checkbox"/> Task 5
<input type="checkbox"/> Task 6
<input type="checkbox"/> Task 7
<input type="checkbox"/> Task 8