

The GoalPrint

RECAP

Day	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MUSTS and Supplementary Tasks							
Wants and Supplementary Tasks							

Use different colors to:

- Fill in your musts and supplementary actions.
- Fill in your wants and supplementary actions.
- See how much time you have left for your prioritized list.
- How many wellness related activities are on your schedule when you are done?

DAY #1- STRESS MANAGEMENT

Type here

Who have you become?

What have you learned about yourself?

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How will you know to ask for support?

What acknowledgement would you like to give yourself?

What is it to live life fully?

DAY #2- TIME MANAGEMENT

Type here

How are you managing your time?

Are you getting things done?

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Can you measure your progress when the week is done?

What will keep you on track?

What help do you need regarding your time?

DAY #3- PRECISION PLANNING

Type here

What are your priorities?

How organized are you overall?

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What is the action plan?

What will you have to do to get the job done?

What support do you need to accomplish...?

What will you do? When will you do it?

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DAY #4- COMMITMENT AND ACCOUNTABILITY

Type here

What do you want?

What is your desired outcome?

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If you got it, what would you have?

How will you know you have reached it?

What would it look like?

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DAY #5- NEW METHODS FOR MEASURING SUCCESS

Type here

What is the elevation from which you regard your life?

What resources do you need to help you decide?

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What resources are available to you?

What is my structure to win?

Where am I the solution?

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COMPLETE ACTION PLAN

What's the #1 thing you can do today? Then move on from there.

Type here