



GOAL PROGRAM TRACKER



— PLAN SMART. STAY FOCUSED. TAKE ACTION. ACHIEVE MORE. —

NAME / ID: _____

SEMESTER / TERM: _____

DATE: _____

REVIEW DATE: _____



MY GOAL

What do I want to achieve?



WHY

Why is this goal important to me?



ACTION PLAN

What key actions will I take to achieve this?

- _____
- _____
- _____
- _____
- _____



TIMELINE

When will I start?

TARGET DATE

When do I want to achieve this goal?



SUCCESS LOOKS LIKE

How will I know I've achieved it?



I WILL ACHIEVE BECAUSE...

Write an affirmation or motivation for yourself.

KEY HABITS / ACTIONS

(What I will do regularly to reach my goal)

WEEKLY PROGRESS TRACKER

MON

TUE

WED

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WEEKLY REVIEW

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WEEKLY REFLECTION

1. What went well this week?

2. What challenges did I face?

3. What can I improve next week?

4. What is one thing I learned?



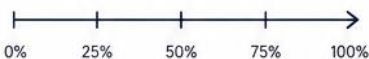
NOTES & REMINDERS

- _____
- _____
- _____
- _____
- _____
- _____



PROGRESS CHECK

At the end of the month, how close am I to my goal?



MONTHLY REVIEW

What were my biggest wins this month?

What did I learn?



MY REWARD

When I achieve my goal, I will reward myself with:



Discipline today creates freedom tomorrow.



FOCUS



PLAN



EXECUTE



ACHIEVE

