

THE GOALSUMO.COM DAILY PLANNER & JOURNAL

DATE: TOTAL POINTS:

< 30 (Day Off?)

30-39 (Fair)

40-49 (Challenger!)

50+ (Warrior!)

80+ (Goal Ninja!)

MY MOST IMPORTANT TASK TODAY [30 points for completion]

What is the most important action you need to accomplish today, optimally a task that moves you closer to stated goals?

1

DONE

MY PRIMARY TASKS TODAY [5 points each completion]

What are the urgent and/or important actions you need to accomplish today, optimally a task that moves you closer to stated goals?

1

DONE

2

DONE

3

DONE

4

DONE

5

DONE

6

DONE

7

DONE

8

DONE

9

DONE

10

DONE

11

DONE

12

DONE

13

DONE

14

DONE

15

DONE

MY SECONDARY TASKS TO CONSIDER [2 points each completion]

What tasks should you potentially address that aren't necessarily important or urgent?

1

DONE

2

DONE

3

DONE

4

DONE

5

DONE

REMINDERS FOR TOMORROW OR WEEKEND

Add any tasks or reminders here that you did not finish, or could be addressed potentially tomorrow or on the weekend.

1

→

2

→

3

→

"The same habits of the old year will get you the same results of the new year. Change something, or change nothing." MJ DeMarco, Entrepreneur and Author of The Millionaire Fastlane

BEST-LIFE ENGINEERING

Weekly Goals

Before the week, write down your weekly goals that will directly influence the **MONTHLY** goal.



Monthly Goals

Before the week, write down your monthly goals that will directly influence the **YEARLY** goal.



One Year Goals

Every few weeks, write down your goals for the year that will directly influence the **FIVE YEAR** goals.



Five Year Goals

Periodically envision & record your five year goals that will influence your **TEN YEAR** dream life.



Ten Year Dream Life

Periodically envision & write your ten year goals that frame your **OPTIMUM DREAM LIFE**.

