

# Personal OKRs

*Use this worksheet to keep track of your personal goals, OKR style! Print out the worksheet and keep it somewhere visible so it serves as a constant reminder to you to keep working on your goals.*

## Example

Objective	Key Results
Run a 5K	<ul style="list-style-type: none"><li>- Run a mile in under 10 minutes</li><li>- Go on two 3-mile practice runs every week</li><li>- Run 3 miles without stopping after 5 weeks of practice</li></ul>

## Now You Try!

Objective	Key Results
	<ul style="list-style-type: none"><li>-</li><li>-</li><li>-</li><li>-</li><li>-</li></ul>

# Personal OKRs

Objective	Key Results
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