

DESIGN YOUR DESTINY

MY GOAL WILL BE ACCOMPLISHED BY

MY #1 GOAL IS

IS THIS GOAL:

- ☐ SPECIFIC
- ☐ MEASURABLE
- ☐ ATTAINABLE
- ☐ RELEVANT
- ☐ TIME-BOUND

PLAN THE PLAN:

WHAT RESULTS DO I WANT?

GOAL TYPE:

- ☐ PERSONAL
- ☐ CAREER
- ☐ FINANCE
- ☐ HEALTH
- ☐ SPIRITUAL

WHY DO I WANT THIS?

WHAT ARE MY BLOCKS?

THE METHOD:

TASK

10% 25% 50% 75%

DONE

REWARD

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HOW DID I DO? WHAT WORKED? WHAT DIDN'T?