



GYSTS Goal Planning

What is your wish for yourself this month? How do you want to feel when September is over?

What is the goal you want to prioritize most? Why is this goal important to you?

What are the steps you are taking toward achieving this goal in September? Start small. Keep those steps clear and specific.

What can you do each week to work toward this goal? Which days/times will you set aside to do this?

We will have a few productivity streams this month. If you are able to attend, how can you use those sessions to work on this goal? What actionable tasks can you complete?