

MY GOAL KEEPER

Name Of The Goal:

Describe the goal in detail.

Why I want this:

How my life will improve:

I'll know this is done because I'll have:

What needs to be done?

1.

2.

3.

What are the 3 milestones to achieve on the way?

1.

2.

3.

What will I do regularly to achieve this?

Daily

Weekly

Who holds me accountable?

(tell some friends about your goal and ask them to keep you on track)

Who will I ask for help? Who will help me achieve this goal?

(anyone you know who has experience in this matter that you can ask for help?)