

Goal Setting Planner

Name _____ Start date _____ Target date _____

My goal (one clear sentence)

Why this matters to me

Finish line: how I will know I did it

Milestones with dates

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

First small step this week

- [ ]
- [ ]
- [ ]

What could get in the way, and my if-then plan

Help and resources I need

Weekly review: what worked, what I will change

Review this page once a week. One goal per sheet. Make the next step small enough to start today.