# 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.