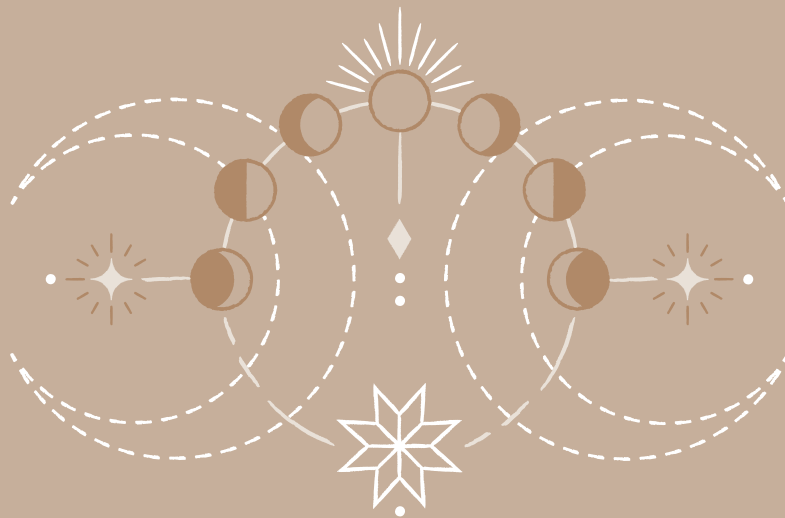




# How to Crush Your Goals



A PRACTICAL GUIDE WITH ACTIONABLE  
STEPS TO ACHIEVING YOUR GOALS





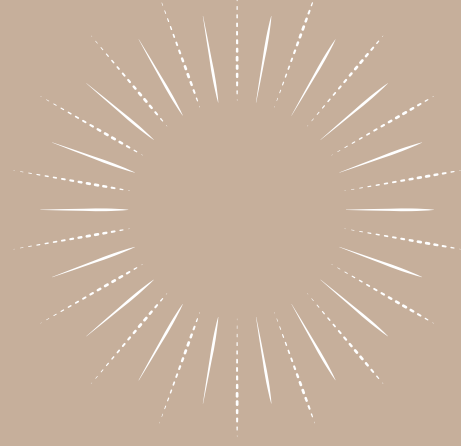








# Smart GOALS



Write down your top 5 SMART new goals here. Remember to include specific, measurable, achievable, relevant and time-bound criteria.

1.

2.

3.

4.

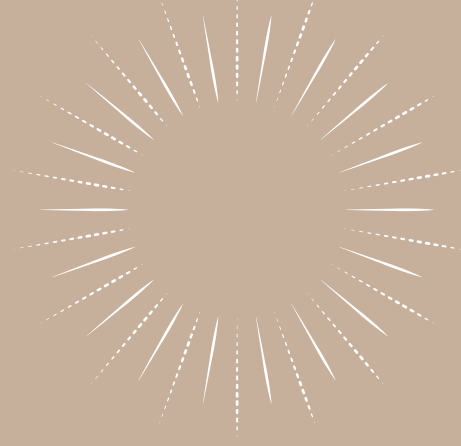
5.







# Chunking YOUR GOALS



Take your 3 most important goals and break them into 3-4 smaller tasks, as shown above:

Top 1 Goal:

Step 1:

Step 2:

Step 3:

Step 4:

Top 2 Goal:

Step 1:

Step 2:

Step 3:

Step 4:

Top 3 Goal:

Step 1:

Step 2:

Step 3:

Step 4:

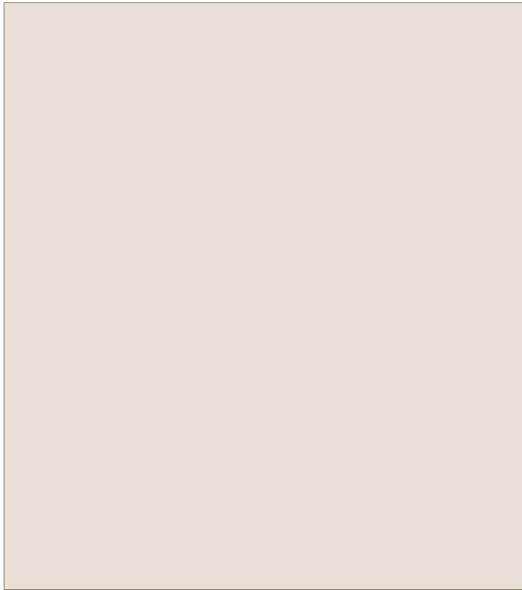


# PRIORITIZE YOUR *Goals*

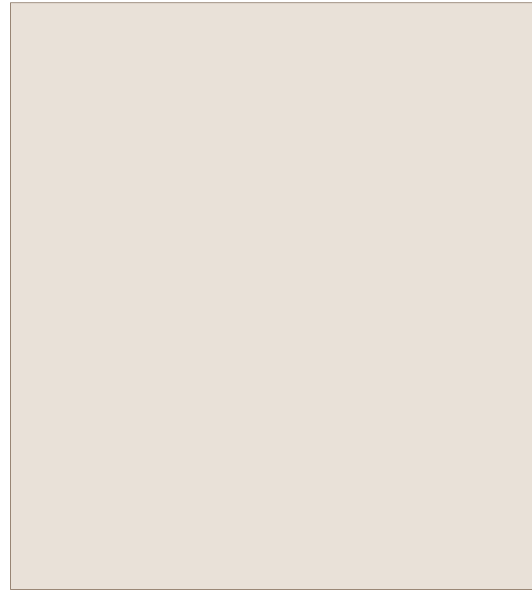
## PRIORITY MATRIX

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

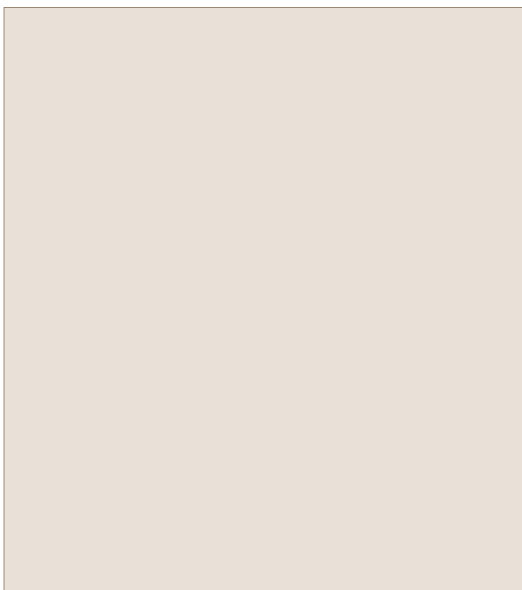
IMPORTANT & URGENT



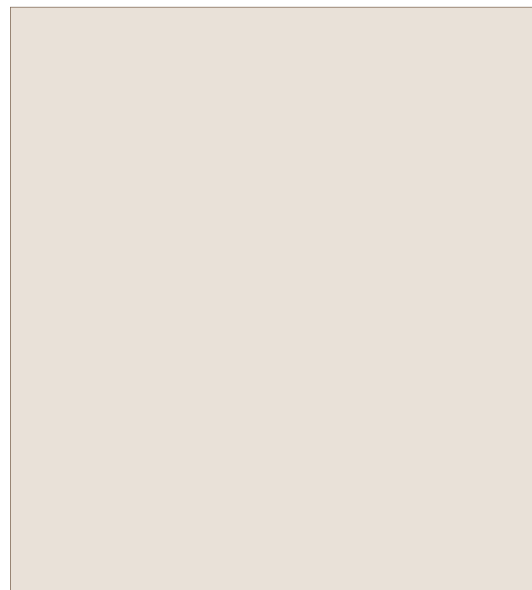
IMPORTANT & NOT URGENT



NOT IMPORTANT & URGENT



NOT IMPORTANT & NOT URGENT





# GOAL TRACKER

## Goal 1:

Start Date

Action Steps

Notes

End Date

My Why

## Goal 2:

Start Date

Action Steps

Notes

End Date

My Why

## Goal 3:

Start Date

Action Steps

Notes

End Date

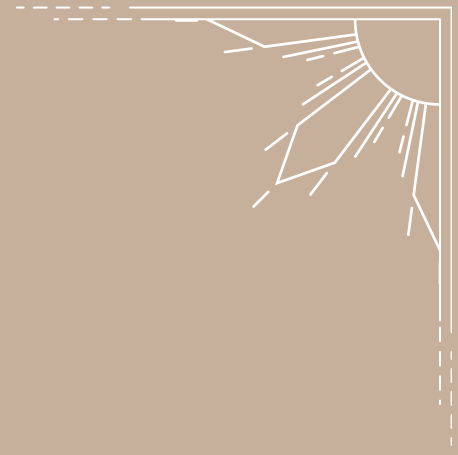
My Why







# GRATITUDE JOURNAL



Date: \_\_\_\_\_

Today I'm Grateful For:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Today's Affirmation(s):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

3 Good Things That Happened Today:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# 30-Day Challenge

NEW HABIT:

---

Why is this important for me?

---

---

What daily reminder will I use (phone, post it, etc.)?

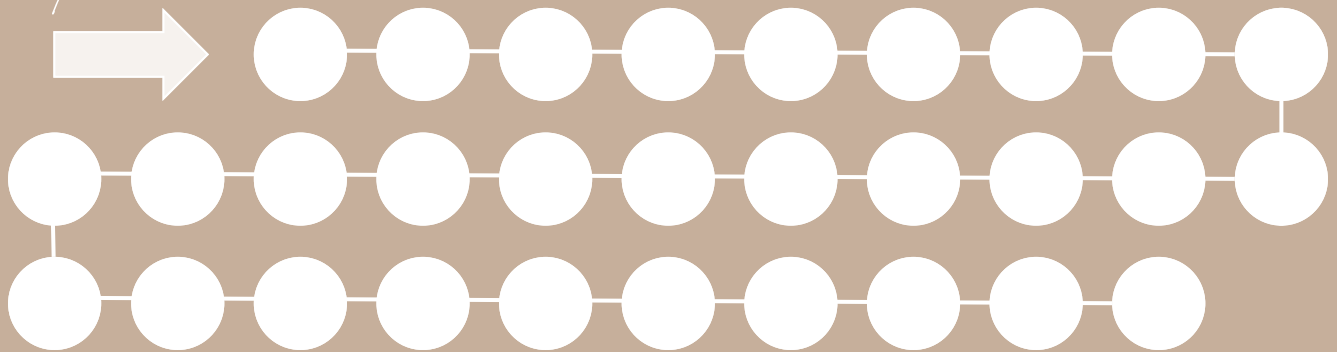
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Reward for achieving 30 days:

---

*Let's do this!*



How did it go?

---

---

What did I learn?

---

---

rate this challenge



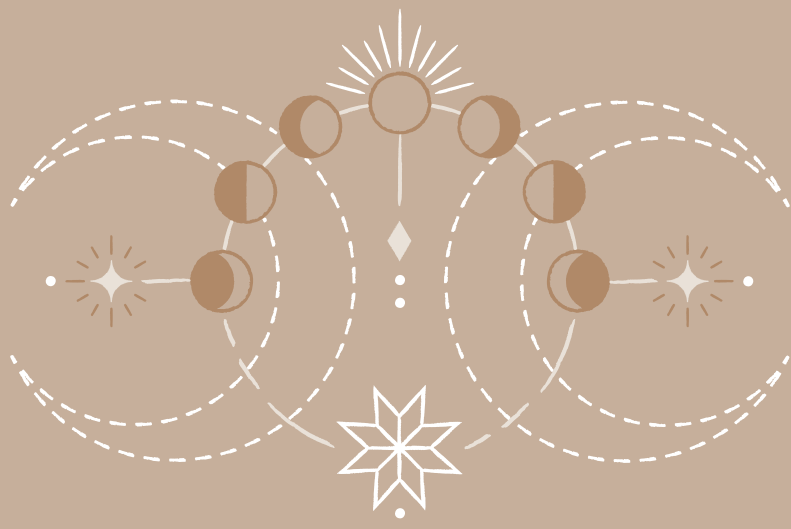








# Congratulations On Making It This Far!



WE WISH YOU ALL THE LUCK AND DEVOTION TO  
HELP YOU ACHIEVE YOUR GOALS!

*Let's Stay in Touch*



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