

“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”



- Pablo Picasso

# The person I want to be. . . . .

[                    ]

.....

.....

.....

.....

[                    ]

.....

.....

.....

.....

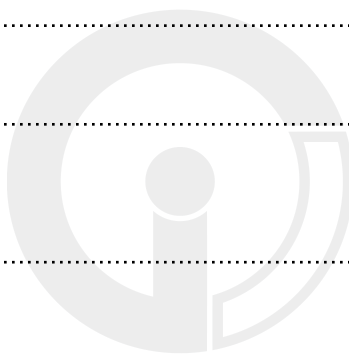
[                    ]

.....

.....

.....

.....



[                    ]

.....

.....

.....

.....

# Brainstorm Top Goals. . .

.....  
By Date: \_\_\_\_\_ How: \_\_\_\_\_  
-----  
-----  
-----

.....  
By Date: \_\_\_\_\_ How: \_\_\_\_\_  
-----  
-----  
-----

.....  
By Date: \_\_\_\_\_ How: \_\_\_\_\_  
-----  
-----  
-----

.....  
By Date: \_\_\_\_\_ How: \_\_\_\_\_  
-----  
-----  
-----

.....  
By Date: \_\_\_\_\_ How: \_\_\_\_\_  
-----  
-----  
-----

For personal use only. © All rights reserved. Julie Golob, JulieGolob.com

“Believe you can and you're halfway there.”  
— Theodore Roosevelt



# In \_\_\_\_\_, I will...

Achieve	By this date

Is my goal...

- Realistic
- Something I really want

**Why I want this**

Steps

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Affirmation**

Milestones

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Date Due

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

Notes



# Days Log

	JAN	FEB	MAR	APR	MAY	JUN
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						



	JUL	AUG	SEP	OCT	NOV	DEC
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
31						

Days Log









Week \_\_\_\_\_

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Weekend	

### Affirmation

### Top Goals

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Make it a Habit

	S	M	T	W	T	F	S
Physical Training							
Dry Fire							
Live fire							

### Notes

Notes area with a large watermark logo in the center.

### To Do List

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









