

STAY
FOCUSED
AND
EXTRA
Sparkly

GOAL PLANNER

MONTHLY PLANNER

Month

SUN	MON	TUE	WED	THU	FRI	SAT

GOAL OVERVIEW

Goal		
Steps	Reward	
	People nearby	
		Result

Goal		
Steps	Reward	
	People nearby	
		Result

MONTHLY REFLECTIONS

Month

How was this month?

My achievements

I'm grateful for

Next Month Goals

Start

Continue

Finish

Next month i will

GOAL SETTING

Goal

Why i want to achieve it

Is the goal within your power to accomplish?

Do i need someone else's help? If so, who?

How long does it take to reach?

TO DO LIST

[illegible]This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There is no text or other markings on the paper.

MONTHLY TASKS

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

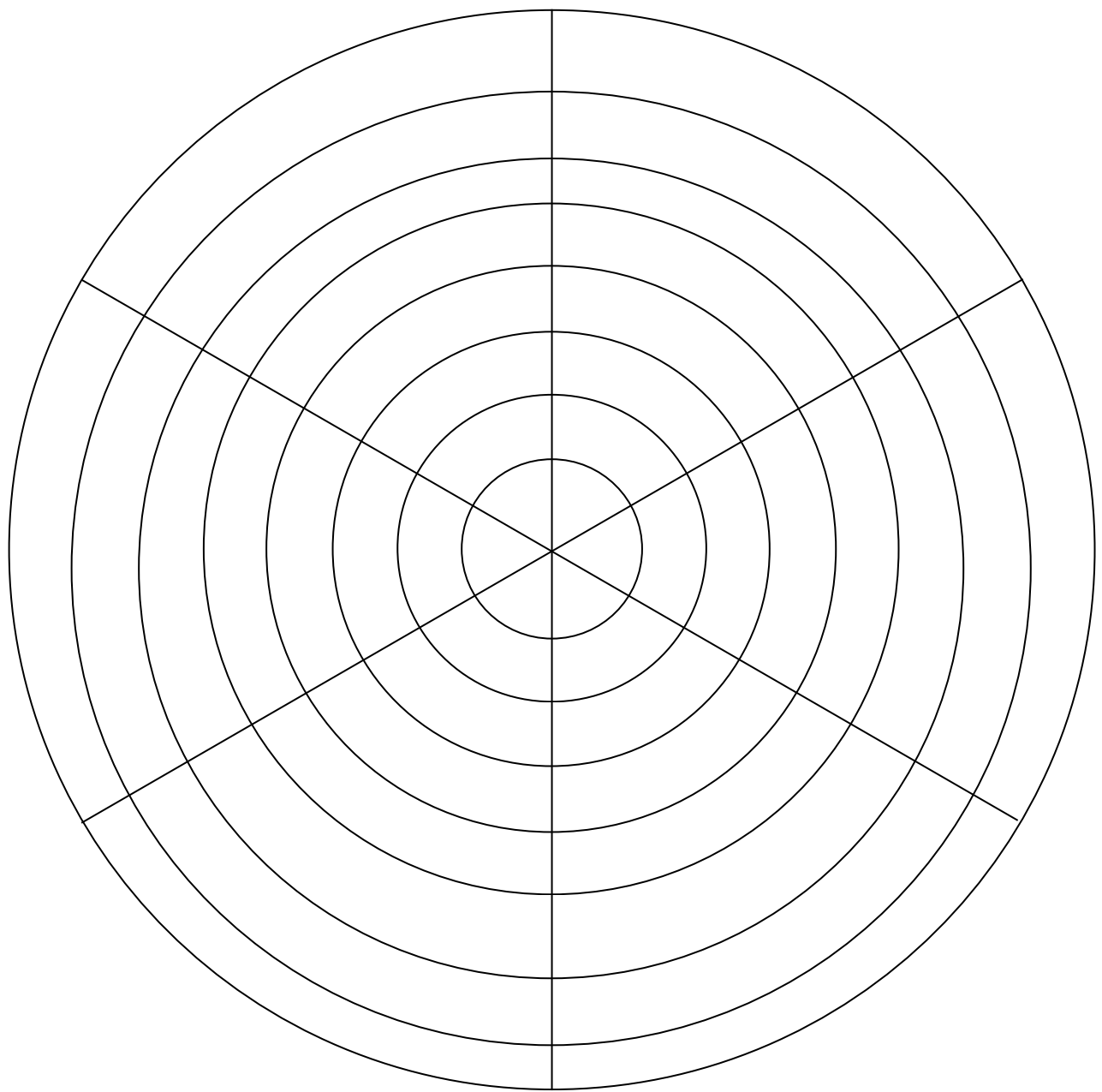
SEP

OCT

NOV

DEC

BALANCE OF GOALS



BALANCE OF GOALS

Health

Family

Friends

Career

Personal

Study

GOAL TRACKER

[illegible]

MY POSSIBILITIES

GOAL 1

GOAL 2

GOAL 3

What skills do i need for this?

What resources do i need for this?

What difficulties may arise?

MY GOAL PLAN

Goal

Reason

Ideas

Action steps

Start

Finish

Result

Reward

ALL MY GOALS

[illegible]

ANNUAL GOALS

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

[illegible]