_	- 1
$\boldsymbol{\cap}$	
u	
-31	
	9

Set Your Goals for the Day, Week, Month or Year

Date	/	/

Journaling tips

Set some time aside to focus on your goals and key activities. Break these goals down by overall year down to daily.

My overall goals:		
wy ovoran goalo.		
	_	
Attainable goals by daily or weekly commitments:		
_		
	_	
Commitment statement to reaching my goals:		
	Due tin	
	Pro tip	
	Maximize productivity and minimize	
	stress by calendaring your goals. Be sure to add flexible time for the	

unknown disrupters.