

## Goals Sheet

### Daily Goals

	Goal	Steps to achieving goal	How will I know I've achieved my goal?	Reward
M				
Tu				
W				
Th				
F				
Sa				
Su				

#### Tips:

- Try to keep language positive and make it actions you do rather than actions you don't do.
- Start small - these are daily goals so need to be realistically achievable in a day.
- Avoid general statements and try and be specific as you can e.g. rather than get up earlier, get up at 10am instead of 12pm

## weekly Goals

	Goal	Steps to achieving goal	How I will know I've achieved my goal?	Reward
week 1				
week 2				
week 3				
week 4				
week 5				

## Monthly Goals

	Goal	Steps to achieving my goal	How will I know I've achieved my goal?	Reward
Month 1				
Month 2				
Month 3				
Month 4				
Month 5				
Month 6				