

# GOAL PLANNER



Week:  1  2  3  4

Month: \_\_\_\_\_

My Goal This Week

What to Avoid

Task in Progress

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

Achieved Goals

Can be Improved

Notes for This Week

Focus for Next Week