

# GOAL CHECKLIST

I, NOT EVENTS, HAVE THE POWER TO MAKE ME HAPPY OR UNHAPPY TODAY.  
I CAN CHOOSE WHICH IT SHALL BE.  
*Groucho Marx*

WHAT IS MY GOAL?

1

2

IS MY GOAL  
CHALLENGING  
ENOUGH?

WHAT WILL HAVE  
TO CHANGE TO  
ACCOMPLISH MY GOAL?

3

WHAT ARE THREE  
THINGS I NEED TO DO  
TO ACCOMPLISH MY GOAL ?

4

GOAL  
REACH DATE

5