

Goal Setting to Transform Your Year....Done!
Actions may happen once, but habits are continual!

🎯 **Annual Goal:** What is the one transformative thing I seek to accomplish this year?

🎯 **Quarterly Benchmark:** What actions need to be taken or completed to keep me moving toward my annual goal?

🎯 **Monthly Milestones:** What can I celebrate as a big step toward reaching my goal and accomplishing benchmarks?

🎯 **Weekly Expectations:** What habits do I need to form to remain in action toward reaching my goal?

🎯 **Daily Minimum Standards:** What is the very least I must do to build the necessary habits to achieve my goal?

🎯 Then consider putting it all together.

