Goal-Setting Planner

Turn a meaningful intention into a realistic sequence of small actions.

1. Name the goal

What do I want to accomplish, and by when?

2. Connect it to your life

Why does this matter to me?

3. Make the first step practical

What can I do next? What time, money, or support will I need?

4. Milestones

Action / milestone	Target date	Progress / notes
1.		
2.		
3.		

5. Anticipate obstacles

What could get in the way? What could help me return to the plan?

Review date: _____ My next check-in: _____