

Turn Your Dreams Into Reality

a goal setting workbook

Name:

Date:

If you can dream it,
you can do it.

The time is now.

Create the life you
dream of living.

What are you waiting for?

My Vision Statement

This year, I want to

Why do I want to achieve these goals?

What do I want to change?

What are my strengths?

What do I need to work on?

The Big Picture

Write down 3 main goals you want
to accomplish this year.



Goal #1

Achieve by: _____

Steps I need to take:

Was the goal reached?

Goal #2

Achieve by: _____

Steps I need to take:

Was the goal reached?

Goal #3

Achieve by: _____

Steps I need to take:

Was the goal reached?

Habit Tracker

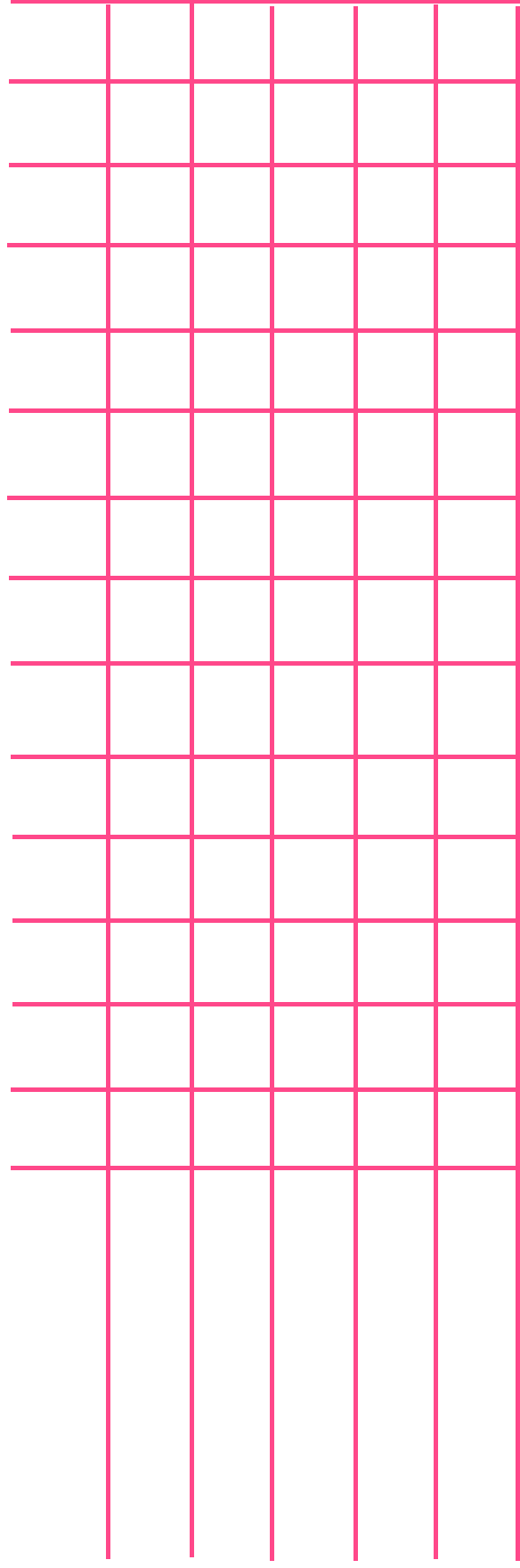
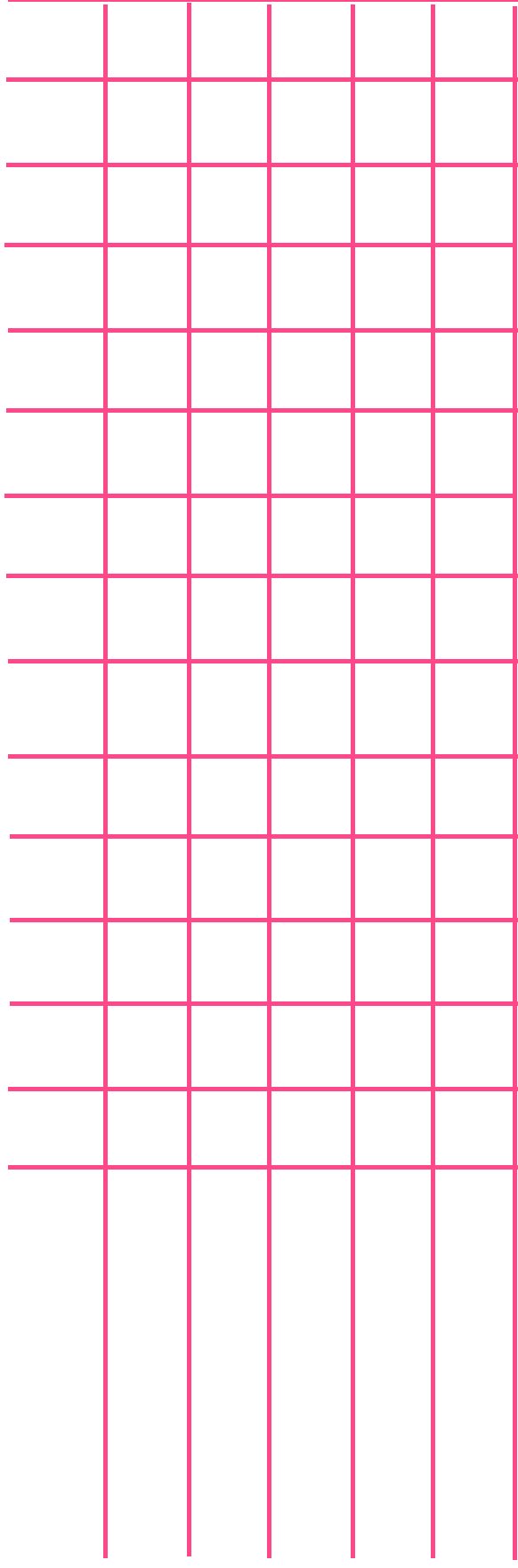
On the next few pages you will find your habit tracker. Building good habits is extremely hard, especially if you aren't consistent. This 90-day habit tracker is designed to help you be more productive and hold yourself accountable for the goals you want to accomplish.

In the first rectangular column, you will write a productive task you want to do every day, such as writing, replying to emails, researching etc. The next 14 square columns represent the days of the week. Over time, you will see that your productivity has increased significantly!

"Make **good** habits
& they will make **you**"

-Parks Cousins

Date: _____ to _____



Date: _____ to _____

Date: _____ to _____

Reflection

List your successes.

Are you satisfied?

What is next for you?
