30-60-90 day Goal worksheet

Studies conducted at Harvard show that people who write down their goals are 97% more likely to achieve them. Writing your goals down allows you to visualize your dreams and turn them into reality. We will be using the **SMART** approach.

* **Specific:** Clearly define goals
* **Measurable:** Measure progress and success.
* **Achievable:** Set realistic goals that can be completed within specific parameters (30-60-90 Days)
* **Relevant:** Ensure that goals are worth pursuing.
* **Time-Bound:** Assign deadlines to goals and related action steps.

Personal Goal

Is there something you are ready to change? Are you ready to grow personally? Do you want to make a routine? Do you want to eat better? Do you want to get in shape? Do you want more money in your bank account? Do you want to read more books?

Brainstorm with how you want your life to look, and be specific, this is the fun part!!

Under each goal, write a specific three step plan on how you will achieve it. You will need to keep this worksheet visible for the duration of the time set (bathroom mirror, above desk, etc…).

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30 day goal:

How I will achieve this goal:

1.

2.

3.

Why this goal is important to me:

60 day goal:

How I will achieve this goal:

1.

2.

3.

Why this goal is important to me:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

90 day goal:

How I will achieve this goal:

1.

2.

3.

Why this goal is important to me:

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Professional Goal:

Do you want to create an ebook? Do you want to get your first lead? Do you want to create your first capture page?

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30 day goal:

How I will achieve this goal:

1.

2.

3.

Why this goal is important to me:

60 day goal:

How I will achieve this goal:

1.

2.

3.

Why this goal is important to me:

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90 day goal:

How I will achieve this goal:

1.

2.

3.

Why this goal is important to me:

Five things I am grateful for: (This is **MANDATORY**, you **NEED** to be in a place of Gratitude)

1.

2.

3.

4.

5.