

Time



SETTING A TIME LINE WILL HELP YOU TO ACHIEVE YOUR GOAL.

When you don't you can lack the motivation or internal push that a time line gives you and achieving it often fails.

Set some benchmarks along the way. If your goal is a long-term goal, break it up into smaller bite size goals.

On the timeline below start with today's date and end with the date when you hope to achieve your goal!

Set benchmarks along the way

Date

Goal

Include as many benchmarks as you think you need to.

As part of your daily log answer this question to help you stay on track:

1. What can (or did) I do today to reach my goal?

At the beginning of each week answer this question:

2. What can (or did) I do this week to achieve my goal?

Celebrate: How do you want to celebrate when you achieve your goal?

