HIGH GEAR SUCCESS

Goal Planner

- Shift into your best life -

Find and list resources that will help you accomplish your goal or learn something new

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Heather's Tips

❑Break down your goals into 12-week increments. It's been determined that most people work best in this timeframe.

❑Be specific in your tasks and set deadlines.

❑Find an accountability partner. Share ideas/progress.

Have questions? Want access to more resources?

Visit HighGearSuccess.com

What is your goal?

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List the DETAILED tasks that must happen to accomplish your goal.

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Write all the reasons you want to achieve this goal. Remember these when you're struggling to stay motivated.

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How will you hold yourself accountable? What will you do to track and ensure you continually make progress on your goal?

❑Set alarms/reminders on phone

❑Schedule set times/days to work

❑Keep a daily or weekly progress log

❑Visual reminder on phone, computer or wall

❑Ask a friend to check-in with you

❑Join a FB group to motivate you

❑Other:_____

❑Other:_____