

# STOP PLANNING. START ACTING.

<b>SMALL STEP GOAL</b>	Write your small-step goal.	
START DATE	HABIT FREQUENCY	STREAK TARGET

GOAL CATEGORY:  CAREER  FINANCIAL  EDUCATION  FAMILY  ARTISTIC  ATTITUDE  HEALTH/PHYSICAL  
 PLEASURE  PUBLIC SERVICE  OTHER \_\_\_\_\_

<b>STREAK TRACKER</b>	Check off a box each time you complete a small step. Keep the streak alive!																							
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

<b>MOTIVATIONS</b>	Why do you want to achieve this goal? List your motivations and rank them.

<b>REWARD</b>	Celebrating our victories is as important as the victory itself. How will you celebrate?



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