

My

# 3 Month Goal Journal

This journal belongs to.....

This journal was started on.....

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ISBN:9798874398132

Imprint: Independently published

Turn yourself into your own personal Cheerleader

## Are you ready to grow and smash your goals?

Setting and achieving goals is hard, it takes time effort and dedication to make changes in your life. Before I get started, I like to invest sometime understanding why I want to make these changes and how I'll make them stick.

Don't forget, if you don't achieve everything the first time around, you have still done something huge. You've started, taken steps, and the process builds, so keep going.

You've only failed if you give up.

And sometimes giving up is okay if you realise it's not for you after all or your needs have changed.

The next page is for you to write your thoughts, we've put some prompts below as starting points if you're not sure where to start.

My number one tip is to make it easy, number two is to make it fun! If you're looking to change a habit, the best way to do this is to make it easier to do the new habit than the old habit, some examples of this are preparing your lunch the day before, or putting your gym outfit out as you go to bed.

The key to lasting change is to make it fun to do the thing you want to bring into your life. Make it fun to be this new person. Bring friends into the challenge, find ways to make new friends through your changes, and surround the process with smiles and laughter and it will feel great.

A concept I find really helpful when making changes and frequently rediscover, is to start acting like the person who has the life you would like. Showing up, and giving yourself the energy of this person will help you see the world and be in it that way.

## Journal prompts.

- Why do you want to hit these goals or make this change in your life?
- What will it mean to you?
- How will your life be better?
- When it's hard how will you keep yourself on track?
- What treats can you put in as a reward for doing your best, hitting your goal, smashing your goal?
- Who would be a good person to have along for the ride?

### Next we'll set our goals

Once you've journaled your thoughts around your goals, we'll start creating and setting goals, and then break them down into easy steps.

There's a section around obstacles in our path.

This is to support us thinking about what might be holding us back from setting and achieving our goals

If we know what's holding us back, we can think of ways to get around these blocks.

I



# Are you ready? Let's set some goals!

Goal 1

Obstacles holding me back from this goal are

I want to achieve this goal because

Now, we're going to break down the goal into small steps on the next page and break these steps down into easy to do list.

Here is an example to get you started

My goal was to redesign my website, one of my steps is below

Goal Breakdown

Things to do

**Re  
design  
website**

- Check tracking to see what devices people use
- Call web designer
- Mock up desktop and mobile versions

When you're ready use the pages following to start planning your goals to do list

Goal Breakdown

Things to do



Goal Breakdown

Things to do



Goal Breakdown

Things to do



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## Are you ready? Let's set some goals!

Goal 2

Obstacles holding me back from this goal are

I want to achieve this goal because

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Goal Breakdown

Things to do



Goal Breakdown

Things to do



Goal Breakdown

Things to do



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# Are you ready? Let's set some goals!

Goal 3

Obstacles holding me back from this goal are

I want to achieve this goal because

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Goal Breakdown

Things to do



Goal Breakdown

Things to do



Goal Breakdown

Things to do



## **Now we have our goals, it's time for the focused action**

The rest of this journal is blank with prompts for you. It's laid out in a day-by-day, planner, with space to plan your week and reflect on how you are feeling.

At the start or end of each week, I like to take 30 minutes to fill in my reflections for the week and plan the next one.

You can refer back to your original 3 goals and breakdowns when you're feeling a little bit lost.

You can also take a look at your why. It is a great helper and reminder when things feel a little tricky and the way forward isn't clear.

You can write in the day and the date. There's space to set your 3 main focus points you need to achieve that day to move things forward.

And a frog task - this is the thing you feel really uncomfortable doing but know you need to make happen! It can also be the thing that opens up the path to your goals.

There's space to remind yourself of things you are grateful for, reflect on wins for the day, set a mantra and a written note on how to keep your energy up.

One important step is to write what time you'll finish work. If you write it down you're more likely to stick to it.

Downtime and rest are important to be able to keep going.

Remember, real progress is rarely a straight line, you will have good days and bad days. This is about taking steps and forming habits to focus on the outcome you want to create. Believe in you!

**Are you ready? Let's make our dreams come true...**

## Need some help with daily mantras

Here are some mantras to get you started. There's space below to write your own ideas.

It's proven that if the mantra is yours, you'll connect to it on a deeper level and be able to live into that idea faster

- Everything I need comes to me with ease
- I am stepping into my power
- Good things come to me
- What if success was guaranteed
- Money is filling my bank account
- I make money through my creative endeavours
- I am easy to love
- I deserve good things
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# Monthly Planner

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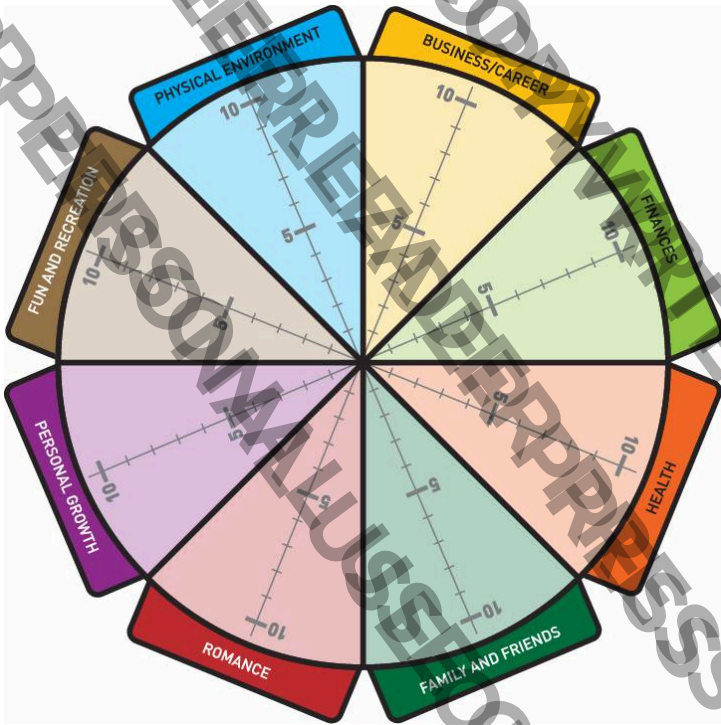
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Take 10 minutes our to check in with how you feel.

It can be useful to fill out the wheel once a month or more.

One idea is to fill it in once a week using a different colour pen to see how your energy flows over the month

There's space below to add notes on how you feel and when you filled it in.



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# Weekly Planner

MY WEEK AT A GLANCE

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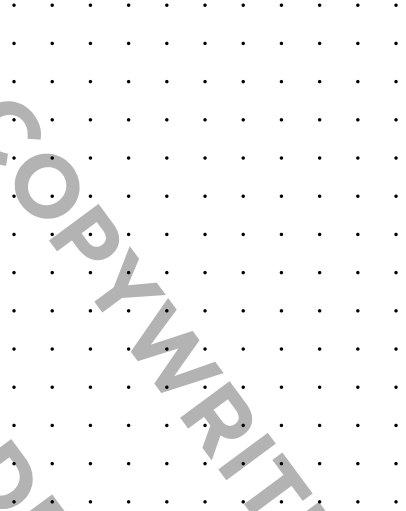
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Today's Targets

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Frog / Must Do Task

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I'll finish work at

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Today I feel  
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To keep my energy up I will

Mantra

Gratitude

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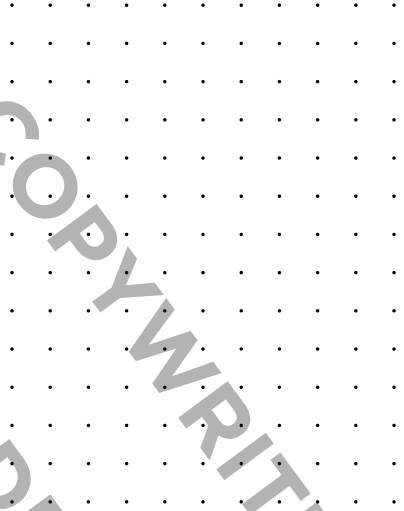
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# Weekly Planner

MY WEEK AT A GLANCE

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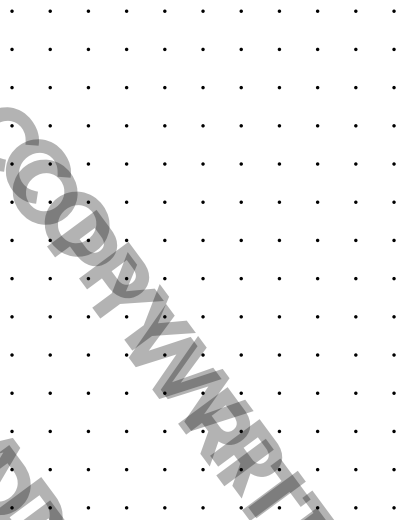
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# Weekly Planner

MY WEEK AT A GLANCE



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# Weekly Planner

MY WEEK AT A GLANCE

Five horizontal lines for notes, each preceded by a small square box.

A large grid of dots for writing notes.

	MON	TUE	WED	THU	FRI	SAT	SUN
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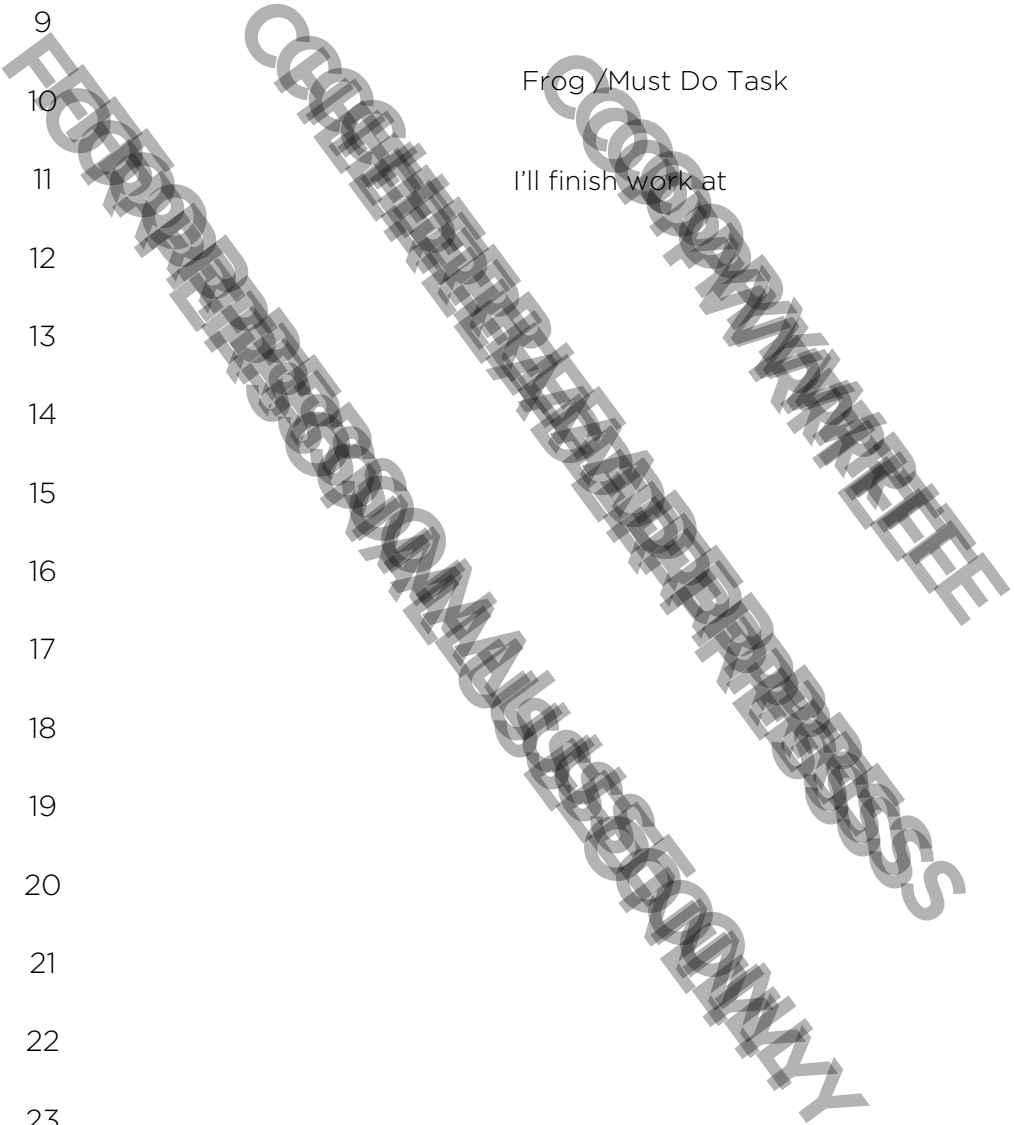
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Today's Targets



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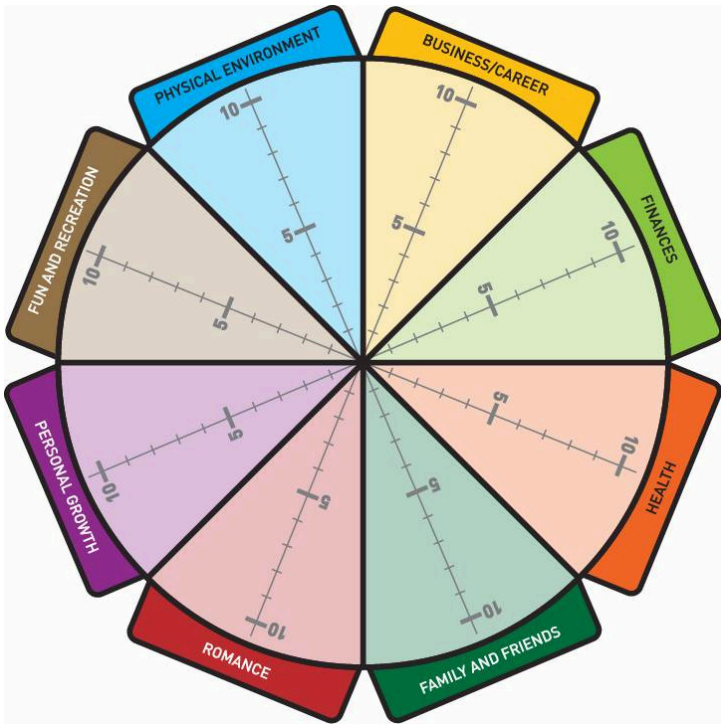
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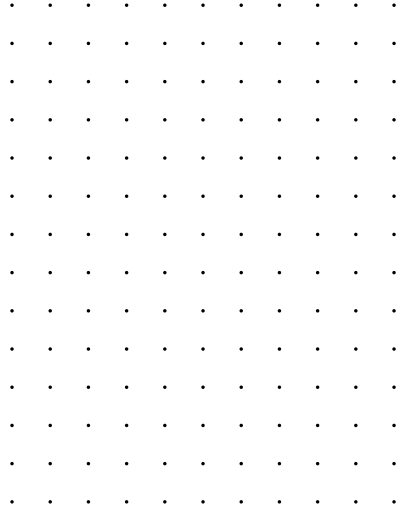
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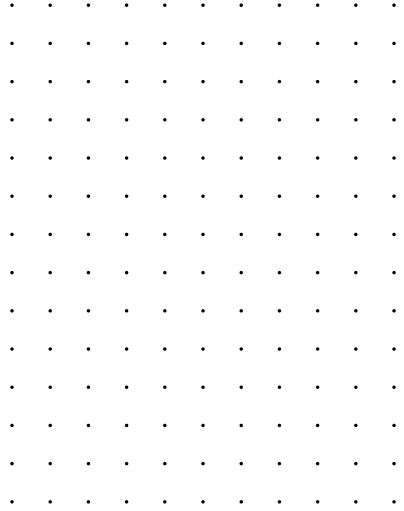




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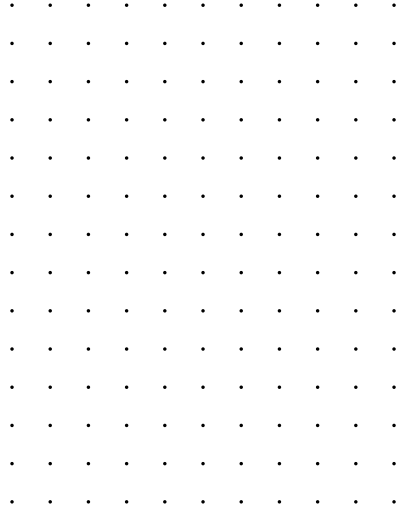




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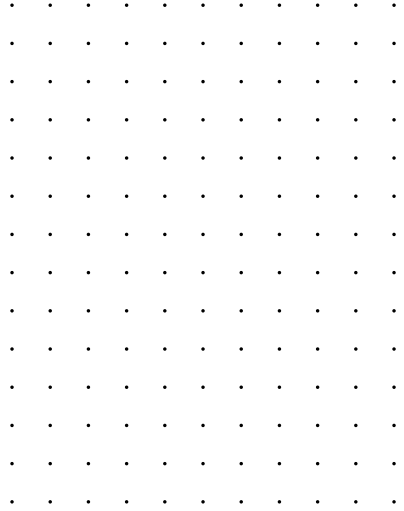




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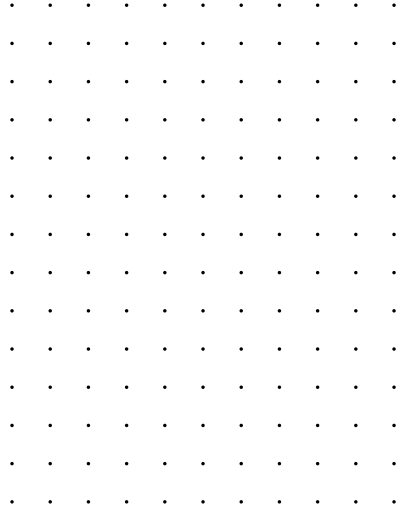




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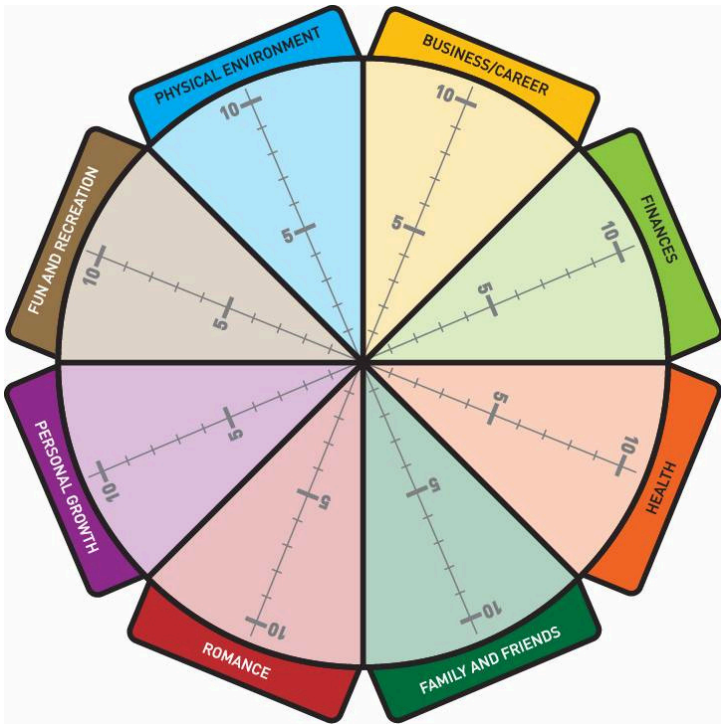
# Right now I feel...

Take 10 minutes our to check in with how you feel.

It can be useful to fill out the wheel once a month or more.

One idea is to fill it in once a week using a different colour pen to see how your energy flows over the month

There's space below to add notes on how you feel and when you filled it in.



Completed on -

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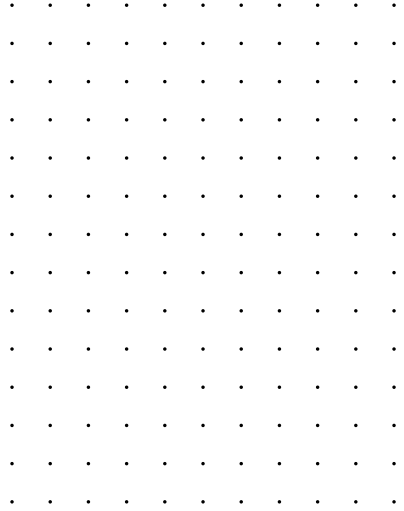
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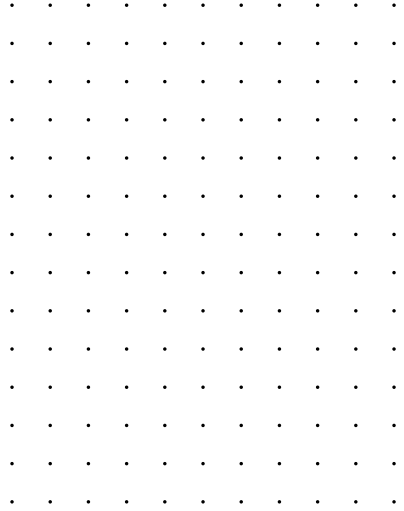




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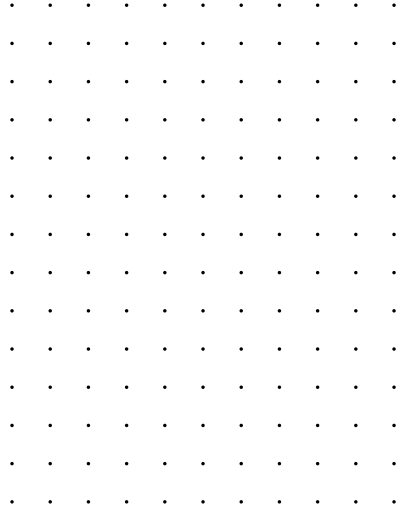




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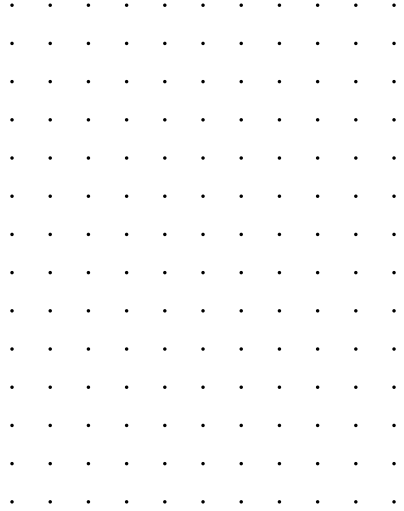




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Today I feel  
because

To keep my energy up I will

Mantra

Gratitude



Best of today

M T W T F S S

Today's Targets

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8



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Frog /Must Do Task

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I'll finish work at

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# Congratulations! You made it!

Investing 3 months to focus on your goals is no small feat!

You should be proud of what you've achieved.

On the next few pages, we're going to take some time to review our goals and decide if we've achieved them or not.

It's a good habit to form to understand what might have held us back, what worked well and how we can keep going and keep refining our practice.

Even if you haven't achieved them, or if achieving them looks a little different than you were expecting, you have done something huge. You've stuck with it, and for that, you should be very proud.



# Goal Review

Goal No

I have achieved this goal

Working on this goal has created these changes in my life

Lessons I have learnt

The best moment getting here was





# Goal Review

Goal No

I have achieved this goal

Working on this goal has created these changes in my life

Lessons I have learnt

The best moment getting here was



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Goal No

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