

Meditate and Love's

September Goal-Setting

WHAT'S MY GOAL?

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SMART GOAL SETTING:

SPECIFIC: What exactly do you want to achieve?

MEASURABLE: How will you measure your progress?

ACHIEVABLE: Is the goal realistic and attainable within the month?

RELEVANT: Does this goal align with your long-term objectives and values?

TIME-BOUND: By when do you aim to achieve this goal?



ACTION PLAN:

What specific steps will you take to achieve this goal?

Step 1:

Step 2:

Step 3:

Step 4:



WEEKLY MILESTONES:

Break down your goal into smaller, weekly milestones to track your progress.

WEEK 1 (SEPTEMBER 1-7):	
SEP 1	<input type="checkbox"/>
SEP 2	<input type="checkbox"/>
SEP 3	<input type="checkbox"/>
SEP 4	<input type="checkbox"/>
SEP 5	<input type="checkbox"/>
SEP 6	<input type="checkbox"/>
SEP 7	<input type="checkbox"/>



WEEK 2 (SEPTEMBER 8-14):

SEP 8

SEP 9

SEP 10

SEP 11

SEP 12

SEP 13

SEP 14



WEEK 3 (SEPTEMBER 15-22):

SEP 15

SEP 16

SEP 17

SEP 18

SEP 19

SEP 20

SEP 21

SEP 22



WEEK 4 (SEPTEMBER 23-30):

SEP 23

SEP 24

SEP 25

SEP 26

SEP 27

SEP 28

SEP 29

SEP 30



REFLECTION

What did I accomplish this month that I'm most proud of?

What challenges or obstacles did I face, and how did I overcome them?

What have I learned about myself and my goals during this month?

