

Weekly Goals Planner

Three goals is enough. Each one needs a next action and a review.

Goal 1

Why this week: _____

Next action: _____

When: _____ Done: ☐

Goal 2

Why this week: _____

Next action: _____

When: _____ Done: ☐

Goal 3

Why this week: _____

Next action: _____

When: _____ Done: ☐

Friday review

What moved? What slipped? What should change next week?