Goal planner

One goal, why it matters, the steps, and what you'll do when it gets hard.

The goal

Why it matters to me

I want to get there by _____

I'll know it's done when _____

The steps, smallest first

Step	By when	Done
		☐
		☐
		☐
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What could get in the way

What I'll do when it does

The first small step, this week