

MONTHLY Goals

GOAL: _____

MONTH: _____

SMALL GOALS & OBJECTIVES

STEPS TO TAKE

WEEKLY TASKS

Week One

- _____
- _____
- _____
- _____
- _____

Week Two

- _____
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- _____
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- _____

Week Three

- _____
- _____
- _____
- _____
- _____

Week Four

- _____
- _____
- _____
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- _____