

Start Date:

Habit:

habit-forming
goal-planning
worksheet

it's all in the details...

Time Slot:

Day(s):

Reminder/Accountability:

★ REWARD: After Days

Actionable Steps:

Time:

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A journey of a thousand miles begins with a single step. -Lao Tzu

Start Date:

End Date:

project-oriented
goal-planning
worksheet

Project:

it's all in the details...

Time Slot:

Day(s):

Reminder/Accountability:

★ REWARD:

Actionable Steps:

Expected Completion Date:

	→	
	→	
	→	
	→	
	→	
	→	

A journey of a thousand miles begins with a single step. -Lao Tzu