

Daily goal page

DATE _____

DAY _____

A Three aims that matter now

1 _____

2 _____

3 _____

B The one purpose

C Steps I will take today1 _____ ☐2 _____ ☐3 _____ ☐4 _____ ☐5 _____ ☐**D** Reward when the steps are done

E The obstacle in the way

F One idea I will use before noon

THE ONLY RULES

Fewer goals, finished. · Written so a stranger could tell it is done. · A date, or it is a wish. · One action before noon. · A perfect work year and a neglected life is not the aim.