

# GOAL PROGRESS SHEET

Date: \_\_\_\_\_

## Maximizing Results

List 5 things you can do in the next 24 hours that will help you to move forward in the direction of your goal.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Givers Receive

What are 2 things you can do in the coming day to support and encourage others?

1. \_\_\_\_\_
2. \_\_\_\_\_

## Daily Progress

Write out 3 things you did today that helped you move toward achieving your goals.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_