

dybye!

presents the...

Designing Your Best Month Ever!

Goal-Setting Workshop

d!

5

ACCOMPLISHMENTS

Follow effective action with quiet reflection.
From the quiet reflection will come even more effective action.
James Levin

Which experiences from the past month
are you proud of and grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

4

GOALS

Unwritten goals are hazy goals and a hazy goal will produce, at best, a hazy result.

Paul J. Meyer

Which projects, tasks and things to do
must be completed this month?

	DUE DATE
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

3

HABITS

Habits change into character.
Ovid

What daily disciplines or habits
must you develop this month?

1. _____
2. _____
3. _____

HEALTHY HABIT SCORECARD

You will never change your life until you change something you do daily.
John C. Maxwell

DAY OF THE MONTH	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
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Habit 1

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Habit 2

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Habit 3

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

DAY OF THE MONTH	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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Habit 1

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Habit 2

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Habit 3

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--



2

SACRIFICES

Those who would accomplish little must sacrifice little;
he would achieve much must sacrifice much;
he who would attain highly must sacrifice greatly.

James Allen

What distractions will your limit or remove
to ensure your monthly goals are reached?

1. _____
2. _____



COMMITMENT

Concentrate all your thoughts upon the work at hand.
The sun's rays do not burn until brought to a focus.
Benjamin Franklin

What one goal or habit will you
ABSOLUTELY COMMIT
to seeing to completion this month?

I. _____

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