

Book Title

My 100 Day Goal Worksheet

Instructions

1. Print off pages 2 & 3 of this PDF as one front and back sheet of paper.
2. Fold paper in half length-wise so that the words “100 Day Goal Worksheet” is on the front of the mini-booklet.
3. Can be inserted into The Freedom Journal between pages 26 & 27 or used on it's own.

Created for you by: Natalie Marie Collins - For more useful info like this worksheet, visit NatalieMarieCollins.com

The purpose of this worksheet is to help you determine the questions:
What is my SMART Goal?

Specific: Your goal MUST be clear.

What do I want to accomplish in the next 100 days?

Why do I want to accomplish this goal?

Who is involved in this goal?

Where is this goal's location?

Are there any requirements and constraints that are involved in this goal?

Measurable: You MUST be able to track your progress.

How much will I need to do each day to reach your goal?

How many?

How will I know when it is accomplished?

Attainable: Your goal must be realistic and attainable in the given time frame.

Is my goal attainable in the next 100 days?

Relevant: Your goal has to matter to your life goals.

Does this goal seem worthwhile to for the next 100 days? Why?

Is this the right time for me to do this goal?

Is this goal relevant to my life goals? How?

Time-bound: You must set your goals within the timeframe. Are you ready to commit?

YES!

Sign the contract below:

YES! I _____, am committed to accomplishing my goal over the next 100 days! I also commit to filling out the pages in this book each and every day as I know they will help me accomplish my goal.

Signature: _____

100 DAY GOAL WORKSHEET

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