

# goalVEMBER

## Planning Workbook

Hey goal-getters! I hope you enjoy this planning workbook for all your accountability needs. The first two pages are examples of how to use your planner. Then you'll get your own planning sheets and calendar tracker. I've also included some blank calendars and goal trackers for those of you who want to continue after November.

As a business owner and mom, my to-do list is always full of things for my business and my family. Sometimes I forget to do things for myself!

Make sure that one of your goals for the month is something that you simply enjoy doing. You deserve it.

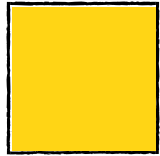
# goal MEMBER example

These examples are my real goals for the month of November!  
Remember, when you make your goals, make them "SMART" :

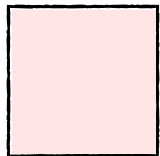
S-SPECIFIC M-MEASURABLE A-ATTAINABLE R-RESULTS BASED T-TIME BOUND



goal: drink 120oz of water



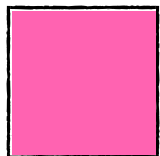
goal: network with 1 person



goal: 1 random act of kindness



goal: exercise for 30 minutes



goal: write 1000 words



goal: read 2 chapters -or- 30 minutes

monday

tuesday

wednesday

thursday

friday

saturday

sunday

30

31

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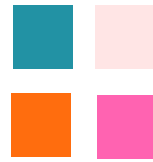
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example



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goal VEMBER

# goal **MEMBER** instructions

Assign a color to each goal you want to track. Each day that you complete a goal, color a tiny square, doodle a heart, or otherwise mark that day on your calendar in the corresponding color. Some days will have several colors, others may not. This will give you a visual reminder of how well you are doing on your goals, and will help you reflect about what types of goals work best for you. HINT: I LOVE TO USE GEL PENS BECAUSE THEY ARE EXTRA BRIGHT.

goal:



goal:



goal:



goal:



goal:



goal:



monday

tuesday

wednesday

thursday

friday

saturday

sunday

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goal VEMBER

sunday

monday

tuesday

wednesday

thursday

friday

saturday

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goal VEMBER

# goal TRACKER

goal:



goal:



goal:



goal:



goal:



goal:



Reflections:

monday

tuesday

wednesday

thursday

friday

saturday

sunday




sunday

monday

tuesday

wednesday

thursday

friday

saturday
