

Make It Happen 2020

Goal for today:.....

Date:

Select up to 5 Mini Tasks you will need to complete your daily goal.
Think about and note any issues that may prevent you from completing your tasks for today.

Schedule the mini tasks through out your day to make them easier to focus on.

Daily Mini Tasks What needs to be done today	Resources needed (money, time, people)	Measurement of task completion	Target completion date	Status
Mini Task #1				
Mini Task #2				
Mini Task #3				
Mini Task #4				
Mini Task #5				

MAKE IT HAPPEN 2020

SIZZLING TOWARDS 60 & BEYOND

	MON	TUES	WED	THURS	FRI	SAT	SUN	STATUS CIRCLE OR TICK
Week 1 - My Goal for this week								I met my goal I need to work on this
Week 2 - My Goal for this week								I met my goal I need to work on this
Week 3 - My Goal fo this week								I met my goal I need to work on this
Week 4 - My Goal for this week								I met my goal I need to work on this
Enter your weely goal and tick off each day you complete your daily tasks								

Rewarding your progress is a good way to keep your motivation going. Think of small ways you can reward yourself at the end of each month and write below.

If I get _____ ticks, I receive _____.

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MY GOAL

SIZZLING TOWARDS 60 & BEYOND

