

Lock In Your Goals & Actually Stick to Them

Whether you're focused on personal growth, business, health, or habit-building, this template will keep you focused, flexible, and consistent.

LOCK YOUR GOALS





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Goal Clarity Worksheet

Main Goal:

(Write a clear, specific goal here. E.g., "Sign 2 new clients per quarter" or "Run a 10k by September.")

Why This Goal Matters:

(Write the emotional reason behind your goal. What will it feel like to achieve it?)

How Will You Measure Success?

(What metrics or signals will show you're making progress?)

Deadline:

(Choose a target date or milestone check-in.)

Monthly Breakdown

Use this section to outline your goal over the next 3 months. Break it down into one actionable step per week that keeps you focused and progressing. Start small—momentum is built, not downloaded.

Example: If your goal is “Start a podcast,” your Month 1 plan might look like:

- Week 1: Choose your podcast name and topic
- Week 2: Write a 3-episode outline
- Week 3: Research recording software and gear
- Week 4: Set up your recording space

Month 1:

- **Week 1 Step:** _____

- **Week 2 Step:** _____

- **Week 3 Step:** _____

- **Week 4 Step:** _____



Monthly Breakdown

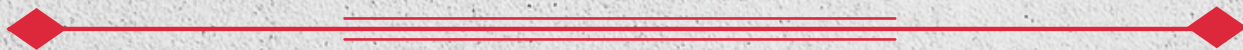
Month 2:

- **Week 1 Step:** _____

- **Week 2 Step:** _____

- **Week 3 Step:** _____

- **Week 4 Step:** _____



Month 3:

- **Week 1 Step:** _____

- **Week 2 Step:** _____

- **Week 3 Step:** _____

- **Week 4 Step:** _____

Habit + Mindset Tracker

Track the habits that support your goals—and the mindset that keeps you showing up. Each day, check off whether you completed your key habit, reflected on your mindset, and noted any small wins. Use the notes column to write anything that stood out—challenges, patterns, or insights.

Key Habit Done? – Track your most important daily action (e.g., workout, journaling, outreach). Positive Mindset Check – Did you intentionally shift your mindset today (e.g., affirmations, reframing a negative thought)? Small Win of the Day – What's one thing that went right today—no matter how small? Notes – Anything you want to remember, adjust, or give yourself credit for.

Repeat weekly or print extra sheets as needed.

Let's GO!

Habit + Mindset Tracker

Day	Key Habit Done?	Positive Mindset Check	Small Win of the Day
Monday	<input type="checkbox"/>	<input type="checkbox"/>	_____
Tuesday	<input type="checkbox"/>	<input type="checkbox"/>	_____
Wednesday	<input type="checkbox"/>	<input type="checkbox"/>	_____
Thursday	<input type="checkbox"/>	<input type="checkbox"/>	_____
Friday	<input type="checkbox"/>	<input type="checkbox"/>	_____
Saturday	<input type="checkbox"/>	<input type="checkbox"/>	_____
Sunday	<input type="checkbox"/>	<input type="checkbox"/>	_____

Notes

Progress Review + Pivot Questions

Fill this out at the end of each month or quarter.

What worked this month?

What didn't?

What surprised me?

What needs adjusting?

Am I still aligned with this goal?

If not, what needs to change?
