2023 QUARTERLY GOALS

QUARTERLY GOALS — Q1

Personal

☐ Goal to Achieve —

☐ Habit to Form —

Financial

☐ Goal to Achieve —

☐ Habit to Form —

Professional

☐ Goal to Achieve —

☐ Habit to Form —

2023 Q1 HABITS

Personal

Habit to Form —

	M	T	W	R	F	S	S
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐
Week 5	☐	☐	☐	☐	☐	☐	☐
Week 6	☐	☐	☐	☐	☐	☐	☐

	M	T	W	R	F	S	S
Week 7	☐	☐	☐	☐	☐	☐	☐
Week 8	☐	☐	☐	☐	☐	☐	☐
Week 9	☐	☐	☐	☐	☐	☐	☐
Week 10	☐	☐	☐	☐	☐	☐	☐
Week 11	☐	☐	☐	☐	☐	☐	☐
Week 12	☐	☐	☐	☐	☐	☐	☐

Professional

Habit to Form —

	M	T	W	R	F	S	S
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐
Week 5	☐	☐	☐	☐	☐	☐	☐
Week 6	☐	☐	☐	☐	☐	☐	☐

	M	T	W	R	F	S	S
Week 7	☐	☐	☐	☐	☐	☐	☐
Week 8	☐	☐	☐	☐	☐	☐	☐
Week 9	☐	☐	☐	☐	☐	☐	☐
Week 10	☐	☐	☐	☐	☐	☐	☐
Week 11	☐	☐	☐	☐	☐	☐	☐
Week 12	☐	☐	☐	☐	☐	☐	☐

Financial

Habit to Form —

	M	T	W	R	F	S	S
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐
Week 5	☐	☐	☐	☐	☐	☐	☐
Week 6	☐	☐	☐	☐	☐	☐	☐

	M	T	W	R	F	S	S
Week 7	☐	☐	☐	☐	☐	☐	☐
Week 8	☐	☐	☐	☐	☐	☐	☐
Week 9	☐	☐	☐	☐	☐	☐	☐
Week 10	☐	☐	☐	☐	☐	☐	☐
Week 11	☐	☐	☐	☐	☐	☐	☐
Week 12	☐	☐	☐	☐	☐	☐	☐

moments

2023 Q1 GOALS

Personal

Goal to Achieve —

☐ Task 1

☐ Task 2

☐ Task 3

☐ Task 4

☐ Task 5

☐ Task 6

☐ Task 7

☐ Task 8

☐ Task 9

☐ Task 10

☐ Task 11

☐ Task 12

moments

2023 Q1 GOALS

Professional

Goal to Achieve —

☐ Task 1

☐ Task 2

☐ Task 3

☐ Task 4

☐ Task 5

☐ Task 6

☐ Task 7

☐ Task 8

☐ Task 9

☐ Task 10

☐ Task 11

☐ Task 12

moments

2023 Q1 GOALS

Financial

Goal to Achieve —

☐ Task 1

☐ Task 2

☐ Task 3

☐ Task 4

☐ Task 5

☐ Task 6

☐ Task 7

☐ Task 8

☐ Task 9

☐ Task 10

☐ Task 11

☐ Task 12

moments