Habit Goal Template

4 Phases of Goal Setting : 1.Dream 2. Plan 3. Do 4. Review
Use this template to set your habit goal. List under **Key Motivations** at least three reasons reasons WHY this goal is important for you.

Habit Goal:

Start Date: **Domain:** **Check in Date:**

Key Motivations:

Next Steps:

Celebration / Reward:

*Adapted from the Full Focus Planner / Your Best Year Ever by Michael Hyatt