

Use this template to clarify your goal, set your progress goals, and the three actions & tasks you should focus on.

By the end of this exercise, you'll have:

- A SMART goal (*Specific, Measurable, Attainable, Relevant, Time-Based*)
- The top three milestones to focus on for the next 3 months
- The top three actions and tasks to focus on every week to move you closer towards your goal.

What will you achieve in the next 3 months?

SPECIFIC GOAL:

I will learn to by

I will know I have succeeded when I can

Learning to is important to me because

PROGRESS GOAL 1:

I will spend hours per week practicing this skill.

ACTIONS + TASKS:

What are three things you can do to make practicing a habit?

1.
2.
3.

What are three time slots you can practice your skill during the week no matter what?

1.
2.
3.

2

PROGRESS GOAL 2: _____

I will master the fundamentals of my skill by.....

ACTIONS + TASKS:

What are the three key fundamental elements of the skill you're learning?

- 1.
- 2.
- 3.

3

PROGRESS GOAL 3: _____

I will master the expert techniques of my skill by

ACTIONS + TASKS:

What are the three key expert techniques of the skill you're learning that will help you achieve your goal?

- 1.
- 2.
- 3.