

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 currently save \$.....each month.

I will work up to saving \$..... per month.

Saving money is important to me because .....

**PROGRESS GOAL 1:**

I will save \$..... in the first month. I will save approximately \$.....per week.

**ACTIONS + TASKS:**

**What are three small ways you can reduce your spending?**

1. ....
2. ....
3. ....

**What are three things you could sell that you no longer use?**

1. ....
2. ....
3. ....

# 2

### PROGRESS GOAL 2:

I will save \$.....in the second month. I will save approximately \$..... per week.

#### ACTIONS + TASKS:

What are three ways you're spending your money now that you can reduce?

- 1. ....
- 2. ....
- 3. ....

What are three ways you could make extra money?

- 1. ....
- 2. ....
- 3. ....

# 3

### PROGRESS GOAL 3:

I will save \$.....in the third month. I will save approximately \$..... per week.

#### ACTIONS + TASKS:

What are three changes to your lifestyle you can make to reduce your regular spending?

- 1. ....
- 2. ....
- 3. ....

What are three ways you could make extra money?

- 1. ....
- 2. ....
- 3. ....