

My daily goal table. DATE: .....

( <http://www.goal-software.com>)

PART 1: My goals				PART 2: My Motivation		PART 3: Concrete actions for today	
Category checklist:				Today I am working on goal nr ....		<input type="radio"/> plan only the actions you can achieve <input type="radio"/> cover the widest array of goals you can	
<input type="radio"/> social	<input type="radio"/> health	spiritual	Date	<input type="radio"/> pleasure for achievement	<input type="radio"/> pain resulting in not following through	1.	
<input type="radio"/> finance	<input type="radio"/> pleasure	<input type="radio"/> personality		1.		2.	
1.				1.		2.	
2.				2.		3.	
3.				3.		4.	
4.				4.		5.	
5.				5.	PART 4: Habits for today		
					<input type="radio"/> little repetitive things you want to be doing during the day		
6.				6.	1.		
7.				7.	2.		
8.				8.	3.		
9.				9.	4.		
10.				10.	5.		

Signature: .....