

MONTHLY GAME PLAN

MONTH

MY TOP FIVE GOALS FOR THE MONTH
(INCLUDING YOUR "WHY")

- 1.
- 2.
- 3.
- 4.
- 5.

TINY HABITS THAT SUPPORT MY GOALS

<input type="checkbox"/>	
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

MONTHLY CHECK-UP / CHECK-LIST
WHAT NEEDS ATTENDING TO IN EACH AREA?

HOME: _____

CAREER: _____

FINANCES: _____

RELATIONSHIP: _____

FAMILY: _____

FRIENDS: _____

HEALTH: _____

FITNESS: _____

SELF-CARE: _____

DREAMS: _____

SPIRIT: _____

GROWTH: _____

IMPORTANT EVENTS / TASKS / DATES

MESSAGE TO MYSELF FOR THE MONTH