

comeback
Quarterly Goal Check-in

JAN - MAR 2020

Let's take things one day at a time.

The Goals

A P R

1 2 3 4 5
6 7 8 9 10 11 12
13 14 15 16 17 18 19
20 21 22 23 24 25 26
27 28 29 30

Reflect on the progress you have made for your goals in the past three months. List your accomplishments, even the smallest ones.

M A Y

1 2 3
4 5 6 7 8 9 10
11 12 13 14 15 16 17
18 19 20 21 22 23 24
25 26 27 28 29 30 31

What can you do each day to take care of yourself and make strides in the direction you want to go?

J U N

1 2 3 4 5 6 7
8 9 10 11 12 13 14
15 16 17 18 19 20 21
22 23 24 25 26 27 28
29 30

What are your top few tasks that you really want to work on in this period?

Write your top goals up above and make them visible in your daily routine. What is a quote/phrase that resonates with you?

Remember the lessons. Make the world yours.