

Goal Planner

A calm, structured page for turning intentions into a plan you can return to.

The Goal

What do I want to achieve?

Why does it matter to me?

How will I know I've reached it?

The Timeline

Target date:

First milestone:

Mid-point check-in:

The Steps

Step 1:

Step 2:

 Support & Obstacles

What might get in the way?

Who or what can help me?
