

PURPOSE AND PROGRESS TRACKER

Your word for this season:

Date:

List up to 5 goals. They can be a variation of professional or personal. Keep in mind that it must be measurable .

1

2

3

4

5

What is your why?



What motivates me to establish these goals and go to great lengths to accomplish them?

Confidence



What will this goal do for my confidence?

Purpose



How does my why align with my talents, gifts and purpose in life?

Progression of Growth



What will progress look like in...

1 month

6 month

9 months

12 months

Pay it forward



How will this goal help others around me?

Stretch

How will these goals stretch me?

Action



What action will I take when I am ready to call it quits?





What are your *long-range goals*? Write them down so you may keep them top of mind as you accomplish your short-term goals. Use 5 or 10 year goals.

1

2

3

4

5

Engage



How will my interactions with others change once I achieve this goal?

Spirituality & Faith



How does my faith influence the goals I have listed?

Companion



Who has completed this goal that can support me along this journey?

Different

How will my life change a year from now after achieving this goal?

Celebrate



What will I do to celebrate once this goal is achieved?

Mindset



What negative feedback or limiting beliefs, whether from myself or others, could obstruct my progress toward achieving my goals?

Truth



What affirmations or reminders can I give myself when feeling overwhelmed by negativity and stuck?

Hurdles



What challenges might stand in the way of reaching your goals?