



2018
Goal Planning
#TitanStrong



A FREE PRINTABLE GIFT FROM

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Goal Planning

STEP 1: WRITE IT
OUT

STEP 2: BREAK IT
DOWN

STEP 3: PRIORITIZE

STEP 4: SMALL
BITES & ORGANIZE

STEP 5: COMMIT TO
A CALENDAR

STEP 6: KNOW
REWARDS



2018 Ideas List

BREAK A BAD HABIT

SAVE MONEY WITH PURPOSE

TRY A NEW SUB-GENRE

VISIT A NEW LOCATION

MAIL A LETTER

LEARN A NEW LANGUAGE

LEARN TO COOK A NEW
FOOD

TAKE A HEALTHY RISK

LOVE MYSELF

WORK ON MY FAMILY

CONTRIBUTE TO MY
COMMUNITY

GAIN A NEW SKILL

2018 Titan Strong Goal Scratch Pad

Goal Type	Priority	Deadlines	Rewards



2018 Titan Strong Goal Action Planner

GOAL:

WHY:

ACTION STEPS AND DATES:

ACCOUNTABILITY PARTNERS:



2018 Titan Strong Pat on the Back

MONTH:

MY BIG WINS:

WHY THIS ROCKS:



2018 Titan Strong Keep On Keepin' On

MONTH:

MAKE IT HAPPEN:

WHY IMPORTANT:

STEPS AND TASKS TO LEAN ON:



2018 Titan Strong Reward & Incentives

MONTH:

THE HARDEST PART OF MEETING
GOALS:

WHY THE GOAL & REWARDS ARE
IMPORTANT TO ME:

HOW IT PLAYED INTO MY OVERALL
2018 PLAN: