

The Goal:

Start Date:

List "Need to Do" or "Learn" items to start your journey with easy to manage steps:

Step One: \_\_\_\_\_

\_\_\_\_\_

Step A:	Step B:	Step C:

Step Two: \_\_\_\_\_

\_\_\_\_\_

Step A:	Step B:	Step C:

Step Three: \_\_\_\_\_

\_\_\_\_\_

Step A:	Step B:	Step C:

Notes/ Discoveries/ Questions (or continue the Step format):

Completion Details/ Observations/ Lessons:

Achievement Date (not "deadline"):

## uduforu Goal Journal Page Directions:

Goals can be overwhelming, and various things can cause a pause or, in the worst case, the goal's abandonment. The trick is to break up the task of achieving the goal into a list of easy-to-manage steps. Check out my 8/1/2021 blog, [Setting Goals and Staying Engaged](#), for more tips and encouragement. Then, set yourself up for success!

Best Wishes!

Martin E. Dodge

### In General:

- Make sure the goal is realistic
  - You do not need to set a deadline for completion
- Determine the steps necessary to achieve the goal
  - Break the steps into a manageable list - How do I get there?
- Determine if any steps require research or additional planning - What do I need to know/ do?
  - Include a process to acquire the knowledge or organization
- Do not feel the need to map every step out ahead of time or rush the process
  - The idea is to complete one step at a time and remain stress-free
- More steps might be discovered as progress is made
  - Note any new step and determine its place to complete the current task and the goal
- If you feel frustrated or stressed, take a break for a few days but do not give up
  - Return with fresh eyes and observe where you left off
- Continue adapting new approaches and learn new questions to reveal ways to make progress
  - Ask friends and family, or search Google and YouTube for clues and ideas
- Do not give in to impatience when the finish line is in sight
  - Finish your process with maximum quality and cross the finish line like you own it
- Enjoy your achievement, reflect on your journey and the learning process you created
  - Repeat the process for another goal when you are ready