

My GREAT Planner

2017



Name: _____



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G oal

What is my goal?

R eview

Why do I want to achieve this goal?

E motion

How do I feel about it?

A chievable

Can I achieve this? How can I achieve it?

T ime

How long will it take me to achieve?

Goal **R**eview **E**motion **A**chievable **T**ime

My goal is _____

I want to set this goal because _____

I feel about this goal.

I can achieve this goal by _____

I want to achieve this goal in days/weeks/months (cross out the ones that do not apply)

Put a tick in the box when you have achieved your goal. ☐