

PUSH GOAL Day Planner

by Chalene Johnson

This Planner Belongs to:

Before you start, here are instructions for best using this planner. Please print this entire book, plus several copies of the daily schedule page. While we recommend you print all 90 days for your daily schedule, feel free to start with 30 daily schedule pages to begin planning your schedule and print more as needed.

STEP ONE

On a scale of 1 to 10 - 10 being perfection and 1 being the worst it could ever be, rate each one of these areas based solely on your own assessment of whether things are going well or you've missed the mark. Consider only your opinion and feelings in this score sheet.

-- PHYSICAL HEALTH

-- MENTAL WELL BEING

-- ENVIRONMENT

-- HOBBIES /JOY / RESTORATION

-- ROMANCE

-- FRIENDS AND FAMILY

-- FINANCES

-- PURPOSE OR CAREER

-- SPIRITUALITY

-- PERSONAL DEVELOPMENT

Based on your scores above, select the area you've scored the lowest. This is an area of your life that you currently believe you have the ability and desire to improve.

My current/key priority:_____

STEP TWO

On the next page you will create a list of 10 goals that you wish to accomplish in the next 90 days. Here are the suggested parameters to help your ensured goal mastery!

1. Goals must be very specific and include measure, a way in which you can determine clearly that you hit your mark. For example, to say "Get healthy" would be too vague. To exercise 5 times a week is an example of a goal with specific measure.

2. Goals must stretch you! Push yourself outside your comfort zone. Avoid listing any goal that you are currently on pace to hit.

3. Your first three goals should specifically relate to the area you've identified as your 'key/current' priority.

4. The remaining goals can be anything you want from finances to fitness.

5. Before deciding on each goal, review it and ask yourself if it in any way might jeopardize or compromise your current priority.

6. Once you've created all 10 goals, you will create an 11th goal following the instructions. That 11th goal will become your Push goal.

DATE: _____

My current key priority: _____

IN THE NEXT 90 DAYS I WILL:

**My first three goals should be related to improving my current priority.*

***1.**

***2.**

***3.**

4.

5.

6.

7.

8.

9.

10.

What one thing can I do in the next 90 days that would help me master or accomplish the 10 goals on my list, or at a minimum have no negative effect.

11.

Select one of your 10 goals or create an 11th goal that generates the most momentum for the other goals. This is your Push Goal! The Goal you start with.

My Current **PUSH GOAL**

This is my current PUSH goal. As I complete each Push Goal, I will go back to my original list and select the next most powerful goal. With persistence and a plan I can do anything. By taking 3 small steps each day I will accomplish my current Push Goal.

Today's date: _____
Push due by: _____



My current/key priority: _____

BRAINSTORM EVERY TASK THAT COMES TO MIND (IN NO PARTICULAR ORDER) TO ACCOMPLISH YOUR PUSH GOAL



DATE: _____

DAY 1 PERSONAL INVENTORY



PUSH GOAL:

Things I need to do less of this month:

Things I will need to do more of this month:

Things I need to stop all together if I'm going to make this happen:

Things I need to explore/test or try this month:

What I hope to feel when I accomplish this goal:

DATE: _____



PUSH GOAL:

I am grateful for: _____

TODAY'S SCHEDULE

TIME	TASK DESCRIPTION
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[illegible]

3 PUSH RELATED 10 MIN. TASKS:



RANDOM TASKS:

HEALTH:

CARDIO 

STRENGTH ☐

STRETCH 

MY NUTRITION SCORE (1-10) _____

TOTAL HOURS OF SLEEP LAST NIGHT _____

I WILL BE OF SERVICE TO:



ON MY BRAIN

DATE: _____

30 DAY REVIEW



PUSH GOAL:

Things I need to do less of next month:

Things I need to do more of next month:

Things I need to stop all together:

Things I need to explore/test or try next month:

What I think about my progress so far:

DATE: _____

60 DAY REVIEW



PUSH GOAL:

Things I need to do less of next month:

Things I need to do more of next month:

Things I need to stop all together:

Things I need to explore/test or try next month:

What I think about my progress so far:
