

## Anytime Goals

You can keep track of your success in a journal, diary or you can use a chart. If you like charts, here is one that you can copy and complete as you go. Feel free to amend by adding new categories or adding multiples of the same categories i.e. Short Term goals.

Example:

Goal:					
Reason:					
Time Line:					
Major Barriers:					
Step	Step	Step	Step	Step	Step
Reason	Reason	Reason	Reason	Reason	Reason
Time Line	Time Line	Time Line	Time Line	Time Line	Time Line
Barriers	Barriers	Barriers	Barriers	Barriers	Barriers
Assess +/-	Assess +/-	Assess +/-	Assess +/-	Assess +/-	Assess +/-

Goal					
Reason					
Time Line					
Major Barriers					
Step	Step	Step	Step	Step	Step
Reason	Reason	Reason	Reason	Reason	Reason
Time Line	Time Line	Time Line	Time Line	Time Line	Time Line
Barriers	Barriers	Barriers	Barriers	Barriers	Barriers
Assess +/-	Assess +/-	Assess +/-	Assess +/-	Assess +/-	Assess +/-