



PUSH

Propelling Unique Strategic Help

A program designed to help you meet goals and propel you into your destiny
and **LIVE ON PURPOSE**

**GOALS
CRUSHER**

Journal



What are your goals?

Why do you need to reach these goals?

What are some things distracting you?

What steps do you need to take to fulfill your goals?

Will you surround yourself with individuals who will encourage you to reach your goals? If so, name some people.

Will you be committed to your goals? Be honest, if not, why?



Name 3 action steps you will take starting tomorrow towards your goal(s).

1.

2.

3.

What call(s) do you need to make that will get you closer to your goal(s)? List the person(s) or organization(s):

Schedule a day you will make these calls: Date: Time:

Mon.	Tues.	Wed.	Thurs.	Fri.	/ /	a.m.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		p.m.



What were the results of the call(s)?

What action do you need to take now?

Schedule a follow up call:

Date:

Time:

Mon. Tues. Wed. Thurs. Fri.

/ /

a.m.

p.m.



Goals

What are some ideas for your strategy plan?

What research do you need to do?

Schedule time to research:

Date:

Time:

Mon. Tues. Wed. Thurs. Fri.

/ /

a.m.

p.m.



Goals

What are your wins?

What were your losses today?

What can you do differently?



Goals

What do you hope to gain by achieving your goal(s)?
