

CONNECTION+HAPPINESS
community

MONTHLY ACCOUNTABILITY PLANS

GOAL 1:

GOAL 2:

GOAL 3:

MILESTONES

WORK BACKWARDS FROM YOUR GOAL
WHAT MILESTONE SHOULD YOU COMPLETE EACH MONTH
TO REACH YOUR GOAL AT THE END OF 4 MONTHS?

MONTH 1	
MONTH 2	
MONTH 3	
MONTH 4	

MILESTONES

WORK BACKWARDS FROM YOUR GOAL
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TO REACH YOUR GOAL AT THE END OF 4 MONTHS?

MONTH 1	
MONTH 2	
MONTH 3	
MONTH 4	

MILESTONES

WORK BACKWARDS FROM YOUR GOAL
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TO REACH YOUR GOAL AT THE END OF 4 MONTHS?

MONTH 1	
MONTH 2	
MONTH 3	
MONTH 4	

Note: You may not need something in every box above.

Some of your goals may be based on daily or monthly habits, rather than milestones. You may only need 1 month to focus on milestones for a particular goal. You also may find you prefer to focus on goal at a time, in which case you could plan on goal 1 in month 1, goal 2 in month 2, and goal 3 in months 3 & 4, for example. Fill out the chart accordingly.