

MILESTONES FOR MONTH
COPY FROM MONTHLY ACCOUNTABILITY PLANS:

1. _____
2. _____
3. _____

January 2016

THEME FOR MONTH:
WHAT IS YOUR PRIMARY FOCUS THIS MONTH?

 **CONNECTION+HAPPINESS**
community

EACH MONDAY
ADJUST AS NEEDED

EACH FRIDAY
CELEBRATE WHAT YOU COMPLETE!

	ACTIONS NO MORE THAN THREE	DAILY HABITS TO SUPPORT YOUR EFFORTS & HAPPINESS	SUCCESS MEASURED BY	HOW'D YOU DO? SHOW % COMPLETE
WEEK 1 JAN 4-8				
WEEK 2 JAN 11-15				
WEEK 3 JAN 18-22				
WEEK 4 JAN 25-29				

Fill this out at the beginning of the month, including specific weekly actions to reach your monthly milestones. THEN, AT THE BEGINNING OF EACH WEEK: Review the week's actions and set priorities for your time. Make sure you have made space in your week (get out your calendar) for the appropriate time to work on each activity. AT THE END OF EACH WEEK: Track your progress, celebrate your successes, and shift, eliminate or add actions for the following week, if needed. It is natural to need to revisit your actions and adjust at the beginning and end of each week, because many of your goals require discovery through the process. Flexibility and patience with yourself while remaining focused on your overall goals is key!