

# *Air Door - Goals - Quarterly, Monthly, and Daily Practices*

## *My 3-Month Goals*

Goal 1:

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Why I want it: -

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Reward if achieved:

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Goal 2:

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Why I want it: -

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Reward if achieved:

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Goal 3:

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Why I want it: -

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Reward if achieved:

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# *My Tactics - 3-Month Goals*

## Goal 1 Actions Steps (include dates)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

## Goal 2 Actions Steps (include dates)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Goal 3 Actions Steps (include dates)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

*My 1-Month Goals for* \_\_\_\_\_

Goal 1:

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Why I want it: -

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Reward if achieved:

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Goal 2:

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Why I want it: -

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Reward if achieved:

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Goal 3:

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Why I want it: -

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Reward if achieved:

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# *My Tactics - 1-Month Goals for* \_\_\_\_\_

## Goal 1 Actions Steps (include dates)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Goal 2 Actions Steps (include dates)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Goal 3 Actions Steps (include dates)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## *Daily Practice:*

Day 1:

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Day 2:

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Day 3:

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Day 4:

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Day 5:

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