



It's 2020

Who will you become?

Welcome

to the 4 week Goal Get It Challenge

I am SO excited to have you as part of *The Goal Get It Challenge*, and I look forward to sharing self-coaching tools & techniques that can help you accomplish your goals.

For this challenge you are going to identify a goal that you would like to achieve within 4 weeks, and will spend the month of February working toward achieving that goal. Pick a goal that will challenge you and that is also achievable within a 4 week timeframe.

This workbook is to help you create a very detailed & intentional plan that will ensure your success in accomplishing your goal. On pages 4-5 you will find a copy of the monthly goal plan template as discussed in the *Art of Accomplishing Goals* video series, video #1 - Creating Your Goal Plan. Please watch the video for details on how to use the monthly goal plan. **The challenge starts on February 2nd** & I encourage you to watch the video prior to Day #1.

The Art of Accomplishing Goals 3 part video series can be found at CoachingDaydreams.com please find time to watch all 3 videos by the end of week 1 of the challenge. As mentioned above watch video #1 before you start the challenge & videos 2 & 3 by end of the first week. These videos introduce you to thought management & self-coaching techniques that will help you stay on track as you work toward your goals.

As a participant in the *Goal Get It Challenge*, you will need to **join the Goal Gossip group on Facebook** so that you can connect with the Life Coach, an accountability partner, and other participants in the challenge. You are encouraged to participate regularly by posting your successes & struggles, asking questions and offering encouraging posts.

Participants who regularly engage in the Group will have their names entered in a drawing to **win prizes**. Prize details will be announce in the group. If you have any questions please don't hesitate to contact me at CoachingDaydreams@gmail.com or at CoachingDaydream.com

I look forward to connecting with you

DeAnn Day

DeAnn LifeCoach Day

Professional Certified Life Coach

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February 2020

Sun Mon Tue Wed Thu Fri Sat

						1
2	3	4	5	6	7	8
Week 1						
9	10	11	12	13	14	15
Week 2						
16	17	18	19	20	21	22
Week 3						
23	24	25	26	27	28	29
Week 4						

My February Goal

7 Steps to Get It Done

What is your goal for the month?

#1 Use the space below to create a To Do list, which includes everything that must be done to achieve your monthly goal. **#2** After creating the To Do list, determine which week in the month you will complete each of the tasks. In the week column list the week number (1-4) for the week you plan to work on the task. **#3** In the hours column, list the amount of hours you will need to complete the task.

[illegible]

	Total Hours		Total hours of free time (outside of work & other obligations) to work on goal =

#4 Assign each task a date & timeframe in your weekly planner. Honor your commitments to complete each task, avoid cancelling for other opportunities or because you don't feel like following through. **#5** Below, list all challenges that could come up during the month & prevent you from accomplishing the goal. **#6** Identify solutions for each of the challenges. This will increase your ability to continue moving forward toward your goal when things pop up that would normally stop your progress. **#7** Celebrate your achievement of the goal.

Challenges to Achieving the Goal	Strategies to Overcome Challenges

Week #1 Goals								Sunday February 2	Monday February 3	Tuesday February 4
Habit Tracker										
S	M	T	W	Th	F	S				
S	M	T	W	Th	F	S				
S	M	T	W	Th	F	S				
S	M	T	W	Th	F	S				

Wednesday

February 5

[illegible]

Thursday

February 6

[illegible]

Friday

February 7

[illegible]

Saturday

February 8

This image shows a vertical rectangular area filled with horizontal black lines, resembling a page from a notebook or a form designed for writing. The lines are evenly spaced and extend across the width of the page. There is no text or other markings present.[illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible]

Week #2 Goals	Sunday February 9	Monday February 10	Tuesday February 11
Habit Tracker			
S M T W Th F S			
S M T W Th F S			
S M T W Th F S			
S M T W Th F S			

Wednesday

February 12

Thursday

February 13

Friday

February 14

Saturday

February 15

[illegible]

[illegible]

Wednesday

February 19

[illegible]

Thursday

February 20

[illegible]

Friday

February 21

[illegible]

Saturday

February 22

[illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible][illegible]

Week #4 Goals								Sunday February 23	Monday February 24	Tuesday February 25
Habit Tracker										
S	M	T	W	Th	F	S				
S	M	T	W	Th	F	S				
S	M	T	W	Th	F	S				
S	M	T	W	Th	F	S				

Wednesday

February 26

[illegible]

Thursday

February 27

[illegible]

Friday

February 28

[illegible]

Saturday

February 29

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Notes

