

Some Day Goal: _____



1 Year Goal: _____ by (___/___/___)



Quarterly Goal: _____ by (___/___/___)



Monthly Goal: _____ by (___/___/___)



Weekly Goal: _____ by (___/___/___)



MON	<u>BUSINESS</u>	<u>PERSONAL</u>
ONE Thing <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TUE	<u>BUSINESS</u>	<u>PERSONAL</u>
ONE Thing <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WED	<u>BUSINESS</u>	<u>PERSONAL</u>
ONE Thing <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

THU	<u>BUSINESS</u>	<u>PERSONAL</u>
ONE Thing <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FRI	<u>BUSINESS</u>	<u>PERSONAL</u>
ONE Thing <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*this exercise was inspired and adapted from [“The ONE Thing”](#) book by Gary Keller



FREEDOM
BUSINESS FAMILY

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