

Conscious Goal Tracker Period: __/__/__ - __/__/__



Goal: _____
(Exciting name that makes your desired end result clear & compelling)

Target Completion date: _____

Key Results: How will you measure your progress and determine if your goal has been met?

My Change Formula: My willingness to change = Vision X Discomfort + Support

<p>My Vision for what it will be like when I have achieved my goal</p> <p>How compelling is your Vision? 1--2--3--4--5--6--7--8--9--10</p> <p>Not compelling Very compelling</p>	<p>My Discomfort with how things are now, or how they will be if I don't achieve it</p> <p>What is your level of discomfort? 1--2--3--4--5--6--7--8--9--10</p> <p>No Discomfort Very uncomfortable</p>
<p>My Support for achieving this goal with ease</p> <p>What is your level of support? 1--2--3--4--5--6--7--8--9--10</p> <p>No support Lots of support</p>	<p>What I can do to boost each variable to increase my willingness to change:</p> <p>Strengthen Vision: Increase Discomfort: Add Support:</p>

Whole Body Yes: Do I have a whole body yes to achieving this goal? Am I committed?: YES NO

Non-Attachment: Can I see how it might be just as valuable **not** to achieve my goal? Sustainable success doesn't come from "need to" or "should", but from genuine commitment.

Team of Champions: Who do I want to be my Team of Champions to **support** me in achieving this goal?

How would I like to receive their support? (Asking for help, resources, accountability, partnership, collaboration, introductions, coaching, ideas, challenges, feedback, etc.)

Am I willing to reveal with candor my progress on this goal, as well as ask for the kind of support that I need as it changes over time?

<p>Week 1: Vision for the week: _____</p> <p>What did I achieve this week (results not activities): _____</p> <p>What did I learn this week: _____</p>
<p>Week 2: Vision for the week: _____</p> <p>What did I achieve this week (results not activities): _____</p> <p>What did I learn this week: _____</p>
<p>Week 3: Vision for the week: _____</p> <p>What did I achieve this week (results not activities): _____</p> <p>What did I learn this week: _____</p>
<p>Week 4: Vision for the week: _____</p> <p>What did I achieve this week (results not activities): _____</p> <p>What did I learn this week: _____</p>
<p>Week 5: Vision for the week: _____</p> <p>What did I achieve this week (results not activities): _____</p> <p>What did I learn this week: _____</p>