



# ACTION LIST

THRIVING GOALS  
JOURNAL

## Example Action List

The action lists here are designed to be pocket-sized so you can print it, cut it and keep it close to you. Print out one action list for each week.

Goal: I want to self-publish a journal on how to accomplish your goals in 90 days

Week: 1 (1/3/2016 - 1/9/2016)

Date: 1/3/2016 (Sun)

- ~~Research on journaling~~
- ~~Do my laundry~~
- Draft topics

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Date:


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**Action List**

Goal: \_\_\_\_\_

Week: \_\_\_\_\_

Date:


Date:


Date:


Date:


Date:


Date:


Date:


**Action List**

Goal: \_\_\_\_\_

Week: \_\_\_\_\_

Date:


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**Action List**

Goal: \_\_\_\_\_

Week: \_\_\_\_\_

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**Action List**

Goal: \_\_\_\_\_

Week: \_\_\_\_\_

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