

“Ginga and Grow Strong” Goal Tracking Sheet

Goal Type	One Year Goals	Actions
Personal 1		1. 2. 3.
Personal 2		1. 2. 3.
Personal 3		1. 2. 3.

Goal Type	One Year Goals	Actions
Health 1		1. 2. 3.
Health 2		1. 2. 3.
Health 3		1. 2. 3.

*Review these goals everyday in the morning and before you go to bed to make sure you’re taking action on them daily

Goal Type	One Year Goals	Actions
Financial 1		1. 2. 3.
Financial 2		1. 2. 3.
Financial 3		1. 2. 3.

Goal Type	One Year Goals	Actions
Spiritual 1		1. 2. 3.
Spiritual 2		1. 2. 3.
Spiritual 3		1. 2. 3.

*Review these goals everyday in the morning and before you go to bed to make sure you're taking action on them daily