

# GOAL tracker

“I can do all this through him who gives me strength.”

PHILIPPIANS 4:13

## Big Goal

(i.e. To be healthier)

Blank area for writing the Big Goal.

What Does It Look Like?

Blank area for describing what the goal looks like.

Steps to Get There

1

2

3

Blank area for listing steps to get there, with numbered markers 1, 2, and 3.

“I will” statement:

Blank area for writing an “I will” statement.

