

# STOP FOR NOTHING GOAL TRACKER

Did you know that only 71% of people stick to their new year's resolutions after two weeks. Breaking down your goals into an achievable to-do list can help you stick with it. You've got this!



What's your goal?



Why? What's the end benefit? This is your motivation.



What are five achievable things you can do every week to help you achieve your goal?



How can you stay accountable (notifications, reminders, tracking, doing it with a friend)?



What's your timeline? What does success look like, and when?