# Goal Achievement

# Toolkit

WCFW

JACK CANFIELD
CERTIFIED TRAINER
SUCCESS PRINCIPLES

**SCHEDULE YOUR FREE SUCCESS BREAKTHROUGH CALL**

Virtual Business Card

Scan here

# 2026

## January

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## February

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |

## March

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

## April

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

## May

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | | | 1 | 2 |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

## June

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

## July

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

## August

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

## September

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |

## October

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

## November

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

## December

| S | M | T | W | T | F | S |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

# GET CLEAR

*date:* ______________________

What are your dreams, goals and aspirations for this year?  Write out your big vision, high level intentions for this year.  What will it take to make this your best year ever?  Be bold.  Think big.  Enjoy the journey!

# YOUR BIG WHY

Creating a new level of success requires that you make a commitment bigger than the challenges you face.  Your 'Big Why' is a short paragraph that sets forth the outcome(s) you want to create in a way that captures the why that makes it meaningful to you.  Create a Big Why that is meaningful and motivating to you. It will serve as your constant companion on the road to building a wildly successful life that you love.

# KEEP/STOP/START EXERCISE

BUSINESS OR LIFE AREA

*date:*

Use this exercise to outline areas of your life and/or business that you either want to keep the same, stop doing, or start doing.

## KEEP:

## STOP:

## START:

# KEEP/STOP/START EXERCISE

BUSINESS OR LIFE AREA

*date:*

Use this exercise to outline areas of your life and/or business that you either want to keep the same, stop doing, or start doing.

## KEEP:

## STOP:

## START:

# YEARLY PLANNER

| JANUARY | FEBRUARY | MARCH |
|---|---|---|

| APRIL | MAY | JUNE |
|---|---|---|

# YEARLY PLANNER

| JULY | AUGUST | SEPTEMBER |
| --- | --- | --- |

| OCTOBER | NOVEMBER | DECEMBER |
| --- | --- | --- |

# WHAT DO YOU WANT WORKSHEET

What do you want to do, be and have?  Write it out!

1. ______________________________

2. ______________________________

3. ______________________________

4. ______________________________

5. ______________________________

6. ______________________________

7. ______________________________

8.______________________________

9.______________________________

10.______________________________

11.______________________________

12.______________________________

13.______________________________

14.______________________________

15.______________________________

16.______________________________

17. ______________________________

18 ______________________________

19. ______________________________

20. ______________________________

How you feel
$ more than $20
P = parent
S = sibling
M = male
F = female
Haven't done in 5 years or more
P = partner/others
A = alone

# 20 Things I Love to Do

| | ♥ | $ | P/S | M/F | 5yrs | P/A |
|---|---|---|---|---|---|---|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| 11 | | | | | | |
| 12 | | | | | | |
| 13 | | | | | | |
| 14 | | | | | | |
| 15 | | | | | | |
| 16 | | | | | | |
| 17 | | | | | | |
| 18 | | | | | | |
| 19 | | | | | | |
| 20 | | | | | | |

I learned that: ______________________________________________

______________________________________________________________

I will:_______________________________________________________

S.M.A.R.T. GOAL WORKSHEET *date:* ______________________

Specific * Measurable * Attainable/Action *Relevant *Timely

**S.M.A.R.T. Goal Statement:**
**"By (date) I will (goal and amount)"**

Example " By June 30, 2024, I will reach my ideal weight of 138 pounds"
Notice, the goal isn't "I will lose weight". That could mean anything. The goal is specific (reach ideal weight) measurable (either you did or you didn't) attainable, relevant, and timely (by June 30, 2024). Unless your current weight is excessive and getting to your ideal weight in the time alloted is unhealthy or unreasonable, this goal statement checks all the boxes.

**Your S.M.A.R.T. Goal Statement:**
**"By (date) I will (goal and amount)"**

**Your S.M.A.R.T. Goal Statement:** ______________________

______________________

______________________

| STEPS TO REACH THE GOAL | BY WHEN |
|---|---|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| YOUR WHY | |
| | |
| | |

# S.M.A.R.T. GOAL WORKSHEET

*date:* ____________________

Specific * Measurable * Attainable/Action *Relevant *Timely

Each step of your goal is like a mini-goal.  What do you need to complete each step of your goal?  Breaking down the steps into mini-goals simplifies the process!

| STEPS TO REACH THE GOAL | BY WHEN |
|---|---|
| STEP 1 | |
| A | |
| B | |
| C | |
| STEP 2 | |
| A | |
| B | |
| C | |

## NOTES

- [ ] ____________________
- [ ] ____________________
- [ ] ____________________
- [ ] ____________________
- [ ] ____________________
- [ ] ____________________
- [ ] ____________________
- [ ] ____________________

S.M.A.R.T. GOAL WORKSHEET *date:*

Specific * Measurable * Attainable/Action *Relevant *Timely

Each step of your goal is like a mini-goal. What do you need to complete each step of your goal? Breaking down the steps into mini-goals simplifies the process!

| STEPS TO REACH THE GOAL | BY WHEN |
|---|---|
| **STEP 3** | |
| **A** | |
| **B** | |
| **C** | |
| **STEP 4** | |
| **A** | |
| **B** | |
| **C** | |

## NOTES

## S.M.A.R.T. GOAL WORKSHEET

date: ____________________

Specific * Measurable * Attainable/Action *Relevant *Timely

Each step of your goal is like a mini-goal. What do you need to complete each step of your goal? Breaking down the steps into mini-goals simplifies the process!

| STEPS TO REACH THE GOAL | BY WHEN |
|---|---|
| STEP 5 | |
| A | |
| B | |
| C | |
| STEP 6 | |
| A | |
| B | |
| C | |

## NOTES

- [ ] ____________________
- [ ] ____________________
- [ ] ____________________
- [ ] ____________________
- [ ] ____________________
- [ ] ____________________
- [ ] ____________________
- [ ] ____________________

# NOTES

# Financial Goals

Use the following pages to track and measure your financial goals.

Use the Monthly Reflections page as a journal to help you focus on what worked, and improve what didn't.

You will be amazed with your progress when you track your results. Remember, what gets measured gets improved.

Make as many copies of this section as you need. Pay attention to the "Tiny Habits" recipe. This was created by BJ Fogg for his book "Tiny Habits". It is so simple, yet life changing!

| | |
|---|---|
| Month | |
| Year | |

# MONTHLY TRACKER

## Net Income

| CHECK DATE | PAY PERIOD | GROSS PAY | NET PAY |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| TOTAL | | | |

## Fixed and Essential Expenses

| NAME | AMOUNT |
|---|---|
| RENT/MORTGAGE | |
| CABLE | |
| CELL PHONE | |
| AUTO INSURANCE | |
| HOME INSURANCE | |
| OTHER INSURANCE | |
| HEAT | |
| ELECTRIC | |
| GROCERIES | |
| | |
| | |
| | |
| | |
| TOTAL FIXED EXPENSES | |
| TOTAL MISC. EXPENSES | |
| TOTAL MONTHLY SPENDING | |
| INCOME/SPENDING DIFFERENCE | |

# WEEKLY MISCELLANEOUS SPENDING

*Week of:* ____________________

| DATE | ITEM | AMOUNT | SUBTOTAL | TOTAL |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
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## *Tiny Habit Inspiration*

After I spend I will write it in my journal

After I have dinner I will add up my daily spending

After I have my Sunday morning coffee I will add up my weekly spending

After I have dinner on the last day of the month, I will add up my monthly spending

After I add up my month's spending, I will note what I did with the surplus!

| |
|---|
| *Month* |
| *Year* |

# MONTHLY SAVINGS TRACKER

Emergency Fund Goal Amount $

| TRANSACTION DATE | DEPOSIT | WITHDRAWAL | BALANCE |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| TOTAL | | | |

Acct. Name Goal Amount $

| TRANSACTION DATE | DEPOSIT | WITHDRAWAL | BALANCE |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| TOTAL | | | |

Acct. Name Goal Amount $

| TRANSACTION DATE | DEPOSIT | WITHDRAWAL | BALANCE |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| TOTAL | | | |

# MONTHLY REFLECTIONS

Month

## THIS MONTH I ACHIEVED

## WHAT WORKED

## WHAT DIDN'T WORK

## DO MORE OF

## DO LESS OF

# NOTES

# NOTES

# NOTES

# NOTES

# DAILY PLANNER

*date:*

MY BIG WHY

SCHEDULE

6 am

7 am

8 am

9 am

10 am

11 am

12 pm

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

"You will never change your life until you change something you do daily. The secret of your success is found in your daily routine." — Jack Canfield

6 MOST IMPORTANT

1

2

3

4

5

6

5 THINGS TO MOVE THE NEEDLE

1

2

3

4

5