

Journal is quarterly

- Goals
 - Smart goals
 - 3 goal pages
 - Goals are divided into areas such as (health, financial, spiritual, Career, Family/Relationship, and Financial)
 - Plan of approach (1st 3 steps you can take
 - If habit a way to track
- Monthly Calendar
 - Basic monthly squares with notes section
- Weekly overview
 - Space for 3 things you want to accomplish this week
 - Smaller space for other tasks this week
 - Outline of the 7 days and space to place things
 - Area to track daily wins for the week (mark the days you completed 3/3)
 - Weekly Challenge space for the week.
- Days
 - Top 3 daily tasks
 - Other tasks
 - Separate page for Notes
 - Hourly schedule
 - Space to write the date
 - Weeks left in the quarter
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- Weekly review
 - Did I execute what I needed to in order to move forward in my progress?
 - What can I take away from this week/ lessons learned?
 - Review goals
 - Notes
- Quater Review
 - Did I have a meaningful impact on my life this quarter?
 - Did I meet my goals? Why or why not?
 - What will I keep or adapt for the next quarter?
 - Notes