

BULLET JOURNAL: GOAL SETTING & HABIT TRACKING

Ages: 12-14,15-18

Description:

Habits are like algorithms, the patterns operating in the back of our lives. If we want to change any part of our lives, setting a goal is just a starting point. Turning those goals into trackable habits is how you can reset your algorithm. Using the guides create a bullet journal page and practice habit tracking. *If you created a vision board use it as a reference to assist with goal setting.

Time:

20-30 minutes

Materials Needed:

- Pen
- Paper [bullet journal]

Instructions

Set Goals

Using these [examples](#) of sample bullet journal pages or follow along with this [video tutorial](#) and organize your ideas into goals.

S	Specific. Make sure that the goal is clear.
M	Measurable. Make sure that you have something about your goal that can be measured. [example: read three books this month]
A	Achievable. Set goals that are possible to achieve with effort
R	Relevant. You should personally care about what you spend your time on accomplishing. This goal should be something that adds to your life in a positive way.
T	Time-Bound. Putting a time frame on these goals will help you set milestones along the way

Step 1:

Set long term goals

Think about what you would like to accomplish in your lifetime, the next 10 years, 5 years, and 2 years. This could be things you still have little knowledge about. You have a lot time for planning and revision. So, think big at this stage!

Step 2:

Set short term goals

Identify goals you would like to accomplish over the next year to year and half. This may be about accomplishing tasks that you have already started or beginning new things. This is a good place to set goals about change.

Identify 3 habits per goal

- What can you do today to get you closer to a goal?
- What habits are getting in the way of your goals?
- Can breaking bad thinking habits help you reach your goals?
- Who can you ask for feedback about your habits?

Create Journal Page for Habit Tracking

Check out this these [Journal](#) page examples for inspiration, or follow along with this [Video](#).

Habit Tracker

For the Month of: _____

Habit #1 _____

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

Habit #2 _____

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

ACTIVITY RECAP

Inspiring all girls to be strong, smart, and bold

Discovery Questions:

- Was it hard to come up with the habits needed to accomplish your goals?
- Does this process make you feel closer to your dreams? Does it feel good to be in control of your future?
- Do you think you will notice the small habits in your life more easily after this activity?
- With a parent/guardian's permission, share with us your goal and habit bullet journal pages on our Instagram page with the tag @girlsincindy.

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