



# My \_\_\_\_\_ WIG



**My Wildly Important Goal**

(from x to Y by when)

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**The action I will focus on for the next two weeks**

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**Record each day either a (Y) Yes, (S) Somewhat, or (N) No if you did the action you chose to focus on these two weeks to meet your goal.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**Track your data at the end of the two weeks**

<b>Y</b>														
<b>S</b>														
<b>N</b>														

**How do you think you are doing in working toward your WIG?**

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