

Your 3-Month Goal

This planner works by converting vague intentions, realistic, measurable goals.

Your goals must be something that can be achieved sustainably over the next three months, not something that relies on extreme behaviour, intensity, or willpower.

This is not about choosing the biggest goal possible. It is about choosing the right goal - one that builds momentum, confidence, and long-term change.

1) My 3-Month Goal

My 3-Month Goal is:

2) The Reason (Your Why)

Most people fail not because their goal is wrong, but because their reason for wanting it is too shallow to carry them through discomfort, boredom, and slow progress. Answer honestly.

Why do you want this goal?

Why does this matter to you?

Why does that matter?

Your goal must fit into your real life. If you have holidays, work deadlines, illness, stress, or major life events in the next three months, you must factor these into your goal. A smaller goal that you can actually achieve is more powerful than an unrealistic goal that collapses. This system is built for sustainability, not intensity.

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3) SMART Reality Check

A goal only works if it is grounded in reality. Use the SMART framework to test your goal:

Specific: _____

Measurable: _____

Achievable: _____

Realistic: _____

Time-Bound: _____

Example (Realistic Goal)

Example 1 – Weight Loss

My goal is to lose 12 pounds in 12 weeks (a safe rate of 1-2 pounds per week), so I can improve my health, feel more confident in my body, and have more energy in my daily life. I will do this by improving my nutrition, increasing my daily movement, prioritising my sleep, and managing stress in a sustainable way. I will measure this by tracking weight, body measurements, energy levels, mood, sleep quality and overall wellbeing in this journal and reviewing progress monthly.

Example 2 – Reduce and Improve Pain

My goal is to improve chronic back pain over the next 12 weeks so I can reduce my reliance on pain medication and get out more. I will do this by following a structured movement routine, improving my posture and daily habits, and practising gentle stretching and mindfulness. I will measure my progress by tracking my pain levels, medication use, mobility, energy, and quality of life in this journal and reviewing my progress monthly.

Now return to your personal contract page and complete it using the goal you have just defined.