

Week 1

Week 2

Happiness Goal

For the next four weeks I commit to record and take at least one action every day that will increase my level of Happiness.

Actions taken	Day 1				
	Day 2				
	Day 3				
	Day 4				
	Day 5				
	Day 6				
	Day 7				

Wellness / Health Goal

For the next four weeks I commit to record and take a least one action every day that will improve my health.

Actions taken	Day 1				
	Day 2				
	Day 3				
	Day 4				
	Day 5				
	Day 6				
	Day 7				

Wealth Goal

For the next four weeks I commit to save an additional \$ _____ by recording and taking at least one action every day.

Actions taken	Day 1				
	Day 2				
	Day 3				
	Day 4				
	Day 5				
	Day 6				
	Day 7				

Work Improvement Ideas

For the next four weeks I commit to come up with one idea every day that if I implement, will imake me a more productive person.

Actions taken	Day 1				
	Day 2				
	Day 3				
	Day 4				
	Day 5				
	Day 6				
	Day 7				

Wealth Creation Ideas

For the next four weeks I commit to come up with one idea every day that if I implement, will increase my wealth or income.

Actions taken	Day 1				
	Day 2				
	Day 3				
	Day 4				
	Day 5				
	Day 6				
	Day 7				

Week 3

Week 4

Happiness Goal

For the next four weeks I commit to record and take at least one action every day that will increase my level of Happiness.

Actions taken	Day 1			
	Day 2			
	Day 3			
	Day 4			
	Day 5			
	Day 6			
	Day 7			

Wellness / Health Goal

For the next four weeks I commit to record and take a least one action every day that will improve my health.

Actions taken	Day 1			
	Day 2			
	Day 3			
	Day 4			
	Day 5			
	Day 6			
	Day 7			

Wealth Goal

For the next four weeks I commit to save an additional \$ _____ by recording and taking at least one action every day.

Actions taken	Day 1			
	Day 2			
	Day 3			
	Day 4			
	Day 5			
	Day 6			
	Day 7			

Work Improvement Ideas

For the next four weeks I commit to come up with one idea every day that if I implement, will imake me a more productive person.

Actions taken	Day 1			
	Day 2			
	Day 3			
	Day 4			
	Day 5			
	Day 6			
	Day 7			

Wealth Creation Ideas

For the next four weeks I commit to come up with one idea every day that if I implement, will increase my wealth or income.

Actions taken	Day 1			
	Day 2			
	Day 3			
	Day 4			
	Day 5			
	Day 6			
	Day 7			

How to use the form?

Aristotle says that *"The goal of all goals is Happiness,"*

This form is designed to help you develop the HABIT of regular goal setting and the DISCIPLINE to achieve them and follow up. It covers a period of 28 days and if by the end of it a new habit is not formed then you should continue for another 4-week period and another until the habit and the related discipline is developed. Research shows that developing new habits takes anywhere between 21 and 90 days of consistent and regular repetition.

There are 5 goals in this form:

1. A Happiness Goal
2. A Health / Wellness Goal
3. A Wealth Goal
4. A Work Improvement Ideas Goal
5. A Wealth Creation Ideas Goal

(Note: items 4 & 5 may not be considered as goals in the strict sense of the word, but it is a structured and systematic method of ideas generation and is a very effective way of coming up with new ideas.)

To make it easier for you to develop the required habit and discipline, the main goal is already set and written for you. All you need to do is to write the action steps you are willing to take in order to achieve the goal and then when the action is taken, to check mark that the action has been taken.

Recording the action steps for the whole form should not take more than five minutes. Keep the form on your night table and every night (for the next four weeks) before you go to bed record an action step that you will take the next day in regards to each goal. The next day take the action and then before going to bed check mark that the action has been taken.

The actions should not be onerous. They should be simple that can be taken without a lot of effort. The aim is to form the habit and the discipline. Here are some examples:

Happiness Goal: Tomorrow I will call my auntie to tell her how much I love her.

Health Goal: Tomorrow I will use the stairs to go to my office rather than taking elevator.

Wealth Goal: Tomorrow I will drink water instead of coffee.

Work Improvement Ideas: I will ask my coworker to share his priority management matrix.

Wealth Creation Ideas: I will set up a meeting with my financial advisor to brainstorm.