

# your ACHIEVEMENT ALLY SUCCESS TRACKER

Personalize your journey towards achieving your goals and establishing lasting habits with your SUCCESS TRACKER.

## step 1: TRACKER SETUP

Print your SUCCESS TRACKER and write down your BIG AUDACIOUS GOAL (BAG) for the month.

 **BIG AUDACIOUS GOAL (BAG)** \_\_\_\_\_

## step 2: TASK SELECTION

Select actionable tasks that will support your BAG. These tasks should be small and achievable, aiming for between 1 and 5 tasks each day depending on where you are on your journey.

## step 3: FREQUENCY PLANNING

Calculate the weekly frequency needed for each task, starting with a manageable number to prevent burnout with the strategy of increasing over time. For example, exercise for 30 minutes 4 days a week. Since there are 4 weeks in a month, multiply the weekly frequency by 4 to get the total for the month. List the tasks and their weekly frequencies at the top of the left column. Add the total (e.g., "16") at the bottom of the column on the row designated for your "goal".

## step 4: TASK COMPLETION

Check off completed tasks as you finish them in the box that corresponds to the day of the month.

## step 5: MONTHLY TALLY

At the end of the month, add up the completed tasks and record the results at the bottom. By dividing your actual by your goal you get your success percentage.

## step 6: GOAL INCREASE

Aim to increase your goal each week, gradually reaching 95% completion or higher, consistently.

## step 7: CONSISTENCY

Remember, consistency is key, and this process is about progress, not perfection.

## step 8: MONTH REVIEW

At the conclusion of the month determine your wins, losses, fixes, and lessons at the bottom of your SUCCESS TRACKER. This will assist in planning for the next month.

## step 9: ACCOUNTABILITY

Accelerate your journey to success by combining the power of your SUCCESS TRACKER with and an accountability partner. They offer additional support and motivation that can increase your chances of success up to 95%.

 **WINS:** \_\_\_\_\_  
 **LOSSES:** \_\_\_\_\_  
 **FIXES:** \_\_\_\_\_  
 **LESSONS:** \_\_\_\_\_

## have questions?

scan the QR code.



 **actual**  
 **goal**  
 **success %**

TASK SELECTION + FREQUENCY 						
						ex: exercise 30 mins 4 days /week
1						X
2						X
3						
4						X
5						
6						X
7						X
8						
9						
10						X
11						
12						X
13						
14						
15						X
16						X
17						
18						
19						X
20						
21						
22						X
23						
24						
25						X
26						
27						
28						
29						X
30						
31						X
						14
						16
						88