

# FINELY NOURISHED

---

## 3 MONTH GOAL SETTING

Break down your "big picture" goals into smaller, more easily attainable goals. Start with what you'd like to accomplish by the end of the next quarter, then break that down into smaller bites. Finally, list the mini tasks needed to bring you closer to the end goal, one step at a time!

THREE MONTH GOALS

MONTH 1 GOALS

MONTH 2 GOALS

MONTH 3 GOALS

MONTH 1 MINI TASKS

1.

2.

3.

MONTH 2 MINI TASKS

1.

2.

3.

MONTH 3 MINI TASKS

1.

2.

3.