

Activity 10

A Planning Journal

You're more likely to meet your goals if you write them down and plan the steps for reaching them. A private planning journal is ideal for this. You can write down your long-term goals, identify the steps for reaching them, and check your progress over time—all in one special place. Make this simple journal to track your personal, financial, and career goals.

Supplies

- construction paper in three colors
- colored markers
- notebook
- glitter pen

Journal Directions:

1. Make three bookmarks in three different colors using the construction paper. Each bookmark should be about 2-in. (5-cm) wide, and about 1-in. (2.5-cm) longer than the notebook.
2. Use the colored markers to label the bookmarks as follows:
 - Personal Goals
 - Financial Goals
 - Career Goals
3. Divide a notebook into three sections and place one of the bookmarks at the beginning of each section.
4. Use a glitter pen to write the words "My Planning Journal" on the front of the notebook.
5. Start using your planning journal today to identify your goals and focus your thoughts.
6. Use your journal to track your progress in meeting goals and to record new goals as you identify them.