

Two-Year Goal

What's the one thing I want to accomplish in two years?

One-Year Goal

Based on my Two Year Goal,
what's the one thing I can do this year?

Monthly Goal

Based on my One Year Goal,
what's the one thing I can do this month?

Weekly Goal

Based on my Monthly Goal,
what's the one thing I can do this week?

Daily Goal

Based on my Weekly Goal,
what's the one thing I can do today?

Right Now

Based on my Daily Goal,
what's the one thing I can do right now?
