EVOLVE ARTIST

21 DAY INTENTION SETTING HABIT BUILDING GOAL REACHING CHALLENGE

- Set a goal
- Make a plan
- Track your progress

Ready to take the Challenge?

Here's how it works

Think about where you would like to be in your Evolve education in 21 days.

Set a goal of the assignment you would like reach, be realistic, but set a clear goal.

Write down that goal and make a calendar that will clearly help you to achieve that goal.

Track your progress at the end of each week, updating your plan if need be.

Participate in the community engagement! Let your peers encourage and inspire you to reach those goals!

How to I pick the right goal?

Take a look at your current progress. If you changed **nothing** where would you be in the next three weeks? If you pushed **just a little** where would you be in 21 days?

Choose the goal that would be a little push to achieve, but not impossible. We want to get a little uncomfortable, but not create an impossible task.

Still not sure?
Email an instructor for help!

Check-In Weekly

- Respond to the weekly posts asking about your progress
- Share challenges! Your peers may be experiencing or have experienced the same things

Focus on quality while still moving forward.

Quality work and progress, not speed, is the goal.
We want to make forward progress with solid work over the next 21 days.

Goal Setting Worksheet

Start Date:

End Date:

Goal to reach OR
Habit to Make/Break:

Why:

Steps to Take:

21 Day Plan

Week 1:

Week 2:

Week 3:

Week 1

21 Day Goal:

Goals for this week:

Schedule to Meet Goals:

Reflections throughout the week:

Set intentions for the next week:

Week 2

21 Day Goal:

Goals for this week:

Schedule to Meet Goals:

Reflections throughout the week:

Set intentions for the next week:

Week 3

21 Day Goal:

Goals for this week:

Schedule to Meet Goals:

Reflections throughout the week:

Set intentions for the next week:

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THE 21 DAY CHALLENGE IS OVER!

Did you meet your goal?

Time to share your wins!