

Quarterly Velocity Builder

One Step At A Time



12 MONTH GOALS

BUSINESS:

HEALTH:

SPIRITUAL / EMOTIONAL:

WHAT AM I TOLERATING?

What needs to change?

PEOPLE:

PLACES:

THINGS:

QUARTERLY GOALS

1ST QTR	\$:	
	MARKETING:	
	WHO TO MEET:	
2ND QTR	\$:	
	MARKETING:	
	WHO TO MEET:	
3RD QTR	\$:	
	MARKETING:	
	WHO TO MEET:	
4TH QTR	\$:	
	MARKETING:	
	WHO TO MEET:	

PROJECT NAME:

GOALS		
GOOD	BETTER	BEST

ACTION STEPS

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

PROJECT NAME:

GOALS		
GOOD	BETTER	BEST

ACTION STEPS

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

PROJECT NAME:

GOALS		
GOOD	BETTER	BEST

ACTION STEPS

• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____