



CIRCADIAN STATIONERY

Goal Example List

Health Goals

1. Train strength or conditioning **4x per week**.
2. Walk **8,000+ steps daily**, regardless of training days.
3. Establish a consistent sleep window (same bedtime and wake time) **5–6 nights per week**.
4. Prepare and eat **home-cooked meals at least 5 days per week**.
5. Eliminate **sugar-sweetened drinks for 30 consecutive days**.
6. Run or perform **higher-exertion cardio 3x per week**.
7. Reduce caffeine intake after **12:00 PM**, daily.
8. Drink **1 gallon of water per day**.
9. Lose **lbs** of body weight.
10. Commit to **one full rest day per week** without structured training.

Financial Goals

1. Track **all spending daily** for the next 30 days.
2. Build an **emergency fund equal to 3 months of expenses**.
3. Automate **monthly contributions** to savings or investments.
4. Decrease or eliminate **outstanding debt**.
5. Increase income by **developing or monetizing one new skill**.
6. Create and follow a **written monthly budget**.
7. Review financial accounts **weekly for 10 minutes**.
8. Save or invest a **fixed percentage of every paycheck**.
9. Reduce discretionary spending by **20% without lifestyle inflation**.
10. Read **one finance or economics book per quarter**.

Relationship Goals

1. Initiate **one meaningful conversation daily** with a friend or loved one.
2. Schedule **weekly uninterrupted time** with a spouse or significant other.
3. Practice **active listening without interruption** during serious discussions.
4. Express **appreciation daily**, verbally or in writing.

5. Resolve conflicts **within 48 hours** rather than avoiding them.
6. Reach out to **one family member or friend weekly**.
7. Set and maintain **clear boundaries** around work and personal time.
8. Reduce phone usage **during conversations and meals**.
9. Plan **one shared experience or activity per month**.
10. Address difficult topics **directly and respectfully**, without deferral.

Individual / Personal Development Goals

1. Read **20 pages per day** of non-fiction or skill-based material.
2. Journal **daily**, even if only for five minutes.
3. Limit social media use to **20 minutes per day**.
4. Wake up at the **same time every weekday**, without exception.
5. Develop **one professional skill** through deliberate practice.
6. Spend **30 minutes per day** in focused, distraction-free work.
7. Review weekly goals **every Saturday evening**.
8. Reduce impulsive decisions by **pausing before action**.
9. Spend time outdoors **at least 3 times per week**.
10. Maintain a **written list of personal standards and priorities**.