



# Q1 Milestone Map

You've named (or are close to naming) one Bold Q1 Goal. This map helps you break that goal into three simple monthly milestones—then choose gentle next steps for the quarter. Keep it light, kind, and doable.

## Step 1: Name Your Bold Q1 Goal

Focus on one main goal for this quarter.

**My Bold Q1 Goal is:**

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*(Tip: Write one sentence that starts with "By the end of March, I will...")*

## Step 2: Map Your Q1 Chapters

Think of Q1 as three short chapters:

**January – Foundation** (get set up and start small)

By the end of January, I would love to have...

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Small steps that will help me get there:



**February – Momentum** (show up consistently; adjust as you learn)

By the end of February, I would love to have...

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Small steps that will help me get there:



**March – Results & Refinement** (see progress; choose what's next)

By the end of March, I would love to have...

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Small steps that will help me get there:





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## Step 3: Your First 3 Moves (This Week)

Momentum comes from very small, very doable actions in the next 7 days.

### **This week, I will:**

1

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2

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3

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*(Choose actions you can realistically complete in your current season of life.)*

## Step 4: Mind–Body–Spirit Check-In

Your Bold Goal is easier when it honors your whole self.

**Mind:** A thought or belief that will support me this quarter is...

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**Body:** One way I'll support my body while I work on this goal is...

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**Spirit:** One practice that helps me stay connected to my "why" is...

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## Closing Affirmation

You don't need a perfect plan—just one Bold Goal and a few kind, clear next steps.

*My Q1 affirmation:*

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