
12-Week Milestone Planner
One season, one horizon
CheckMyDream · checkmydream.site

One season, one horizon

Twelve weeks is long enough for real progress and short enough to see the end from the start.

Write your horizon once, split it into twelve weekly milestones, then spend the season only on those.

Your horizon

One sentence you can picture.

The horizon

What an ordinary Tuesday looks like when it is real

Why this season?

What I will pause to make room

Milestone map

One milestone per week.

	Milestone	Done
Week 1		
Week 2		
Week 3		
Week 4		
Week 5		
Week 6		
Week 7		
Week 8		
Week 9		
Week 10		
Week 11		
Week 12		


Weeks 1 to 4
Keep the steps small.

Week 1

Milestone

Sessions planned

What happened

Next time, start here

Week 2

Milestone

Sessions planned

What happened

Next time, start here

Week 3

Milestone

Sessions planned

What happened

Next time, start here

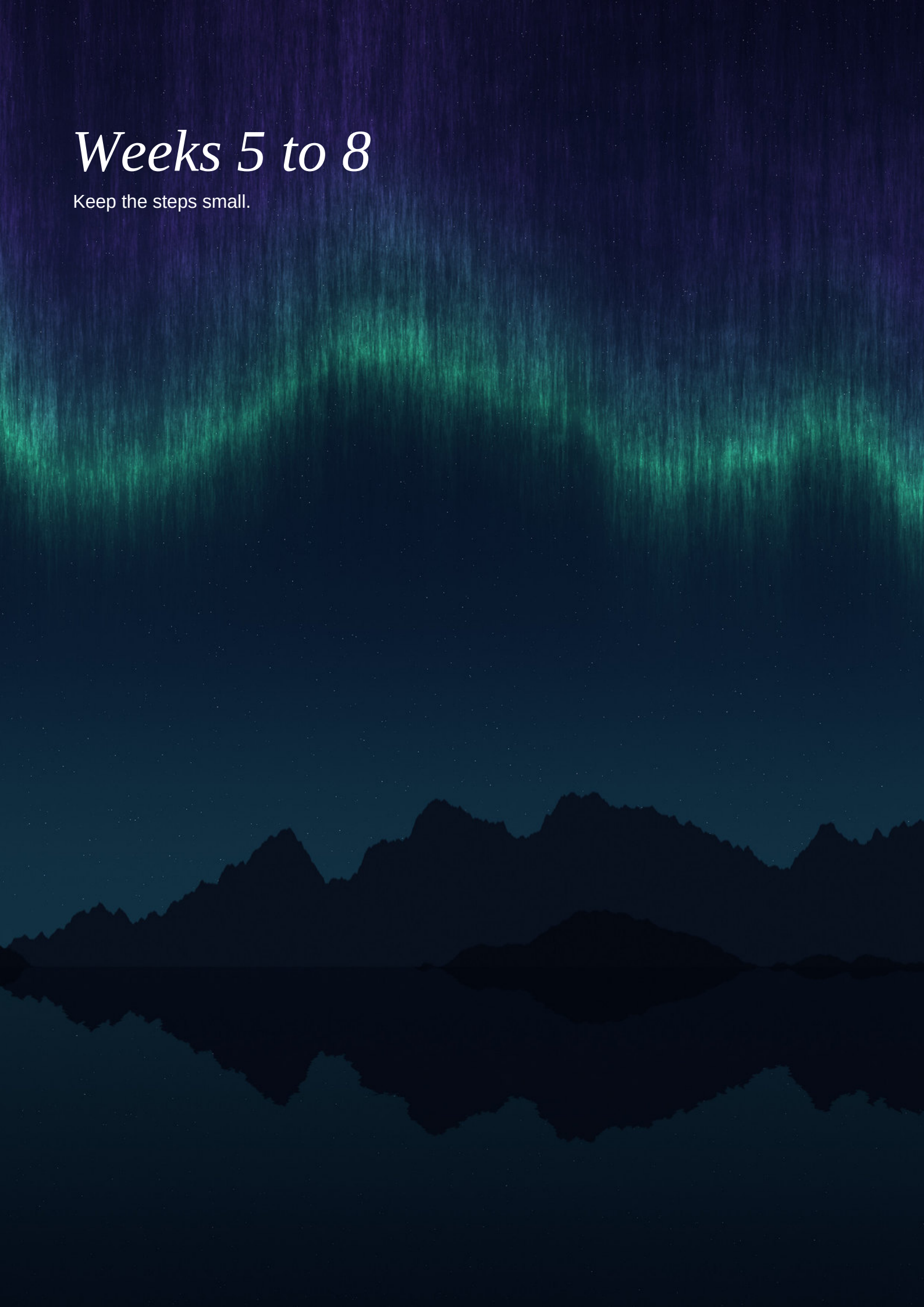
Week 4

Milestone

Sessions planned

What happened

Next time, start here



Weeks 5 to 8

Keep the steps small.

Week 5

Milestone

Sessions planned

What happened

Next time, start here

Week 6

Milestone

Sessions planned

What happened

Next time, start here

Week 7

Milestone

Sessions planned

What happened

Next time, start here

Week 8

Milestone

Sessions planned

What happened

Next time, start here



Weeks 9 to 12

Keep the steps small.

Week 9

Milestone

Sessions planned

What happened

Next time, start here

Week 10

Milestone

Sessions planned

What happened

Next time, start here

Week 11

Milestone

Sessions planned

What happened

Next time, start here

Week 12

Milestone

Sessions planned

What happened

Next time, start here

Closing review

What changed in twelve weeks?

What will I keep?

What will I drop?

What comes next?