

Grown-Ups

2 Week Goal Setting Journal

SET & ACHIEVE GOALS WHILST
BIRDY NESTING [↪] with kids
(self-isolating)



DISCOVER WHAT CAN YOU ACHIEVE IN JUST 2 WEEKS!

Created by Birdy Journals

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A Message From Birdy

Hey Grown Up!



First of all, I would like you to meet my amazing Grown-Up friend, Spencer. If your child has our *My Birdy Journal* then you will have already read the story about Spencer helping me to set & achieve my BIG Birdy Goal of 'Learning To Fly'. Spencer was such a great support to me, which I know you will be to the little ones in your life too.

As well as you helping the little ones in your life to set and achieve goals during this Birdy Nesting period of our lives, I thought it was just as important to create a mini goal setting journal for Grown-Ups too - so here it is. (We will be launching a REAL one very soon too).

You will notice that the pages in the grown-up journal are EXACTLY the same as the kids ones. We've done this so you can work on your Goal Setting Journal TOGETHER. Each day you'll be filling out the same information. This will encourage the little people in your life to 'keep going' - as you're doing it WITH THEM.

Grown-ups are always busy doing lots of grown-up stuff, so now is the time to learn/do something NEW that you've been putting off for ages.

Our co-founder, Dorne, is learning how to draw using shading techniques. Dorne chose this goal because she would love to learn how to draw, but she also wanted to use it as a 'meditation practice'. A hobby that she can take up that helps her to feel relaxed and all zen-like (her words)!

In case you need some Birdy Nesting Goal ideas, I've added a few on the next page for you.











Ideas For Big Birdy Nesting Goals



IDEAS FOR YOUR BIRDY NESTING GOAL

If you're struggling to think of a 2 week Birdy Nesting Goal, then here's a list of ideas for you to choose from.

-  Read (insert number) books in 2 weeks
-  Be able to do a plank for 20 minutes
-  Draw a 'perfect' eye/face/etc using shading techniques
-  Do an exercise streak. Do not miss a day for 2 weeks
-  Learn how to build your own website
-  Master the art of cooking delicious homemade bread
-  Learn how to touch-type
-  Take an online photography class

NOTE: This doesn't have to be just for 2 weeks. You can review your goal every 2 weeks and continue with the goal you've set. Or...if you achieve your goal in 2 weeks, why not start a new one!

ENJOY WORKING ON YOUR NEW GOAL!



Choose
Your
Birdy
Nesting
Goal



My Goal Ideas 



My Goal Ideas

My Birdy Nesting Goal

Starting Date:

Write the date you will start your goal

My Birdy Nesting Goal is: _____

I would like to achieve this goal in _____ weeks.



What date will that be? Check it out and write it here.



I'm excited about this Birdy Nesting Goal because...

These are the people & resources I will tap into for help...



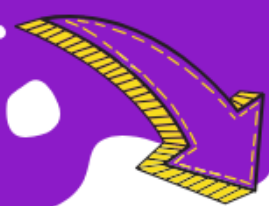
Achieving this goal will allow me to...



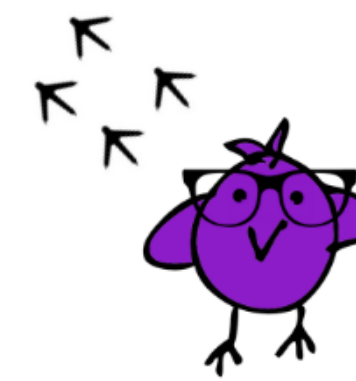


WEEK

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Daily Birdy-Steps



Week

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Tue: _____

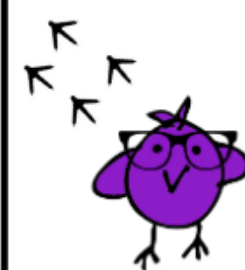
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Thu: _____

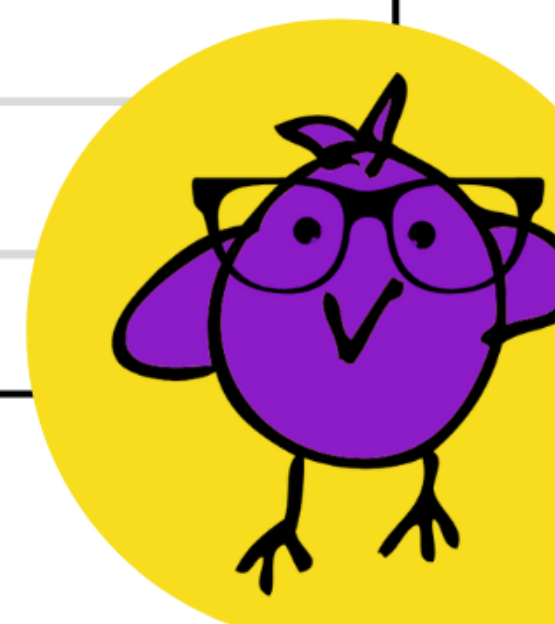
Fri: _____

Sat: _____

Sun: _____



These small birdy-steps will help me to...





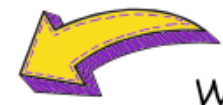
Date Today:

Did you work on your goal today?

YES I DID

NO I DIDN'T

Today I worked on my goal for _____

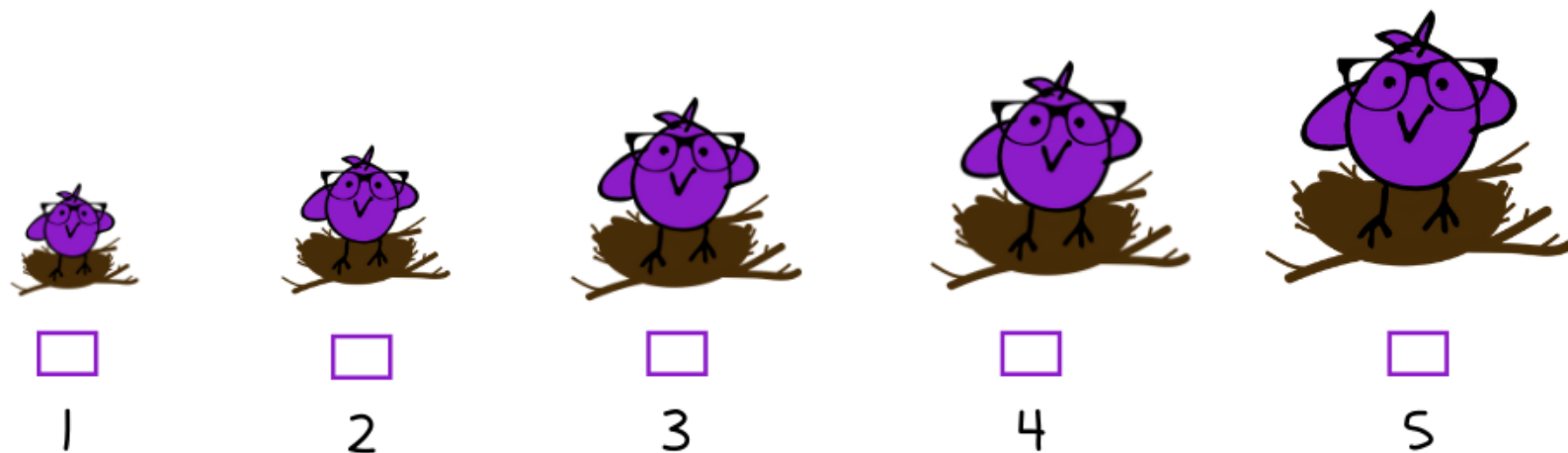


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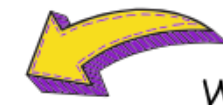
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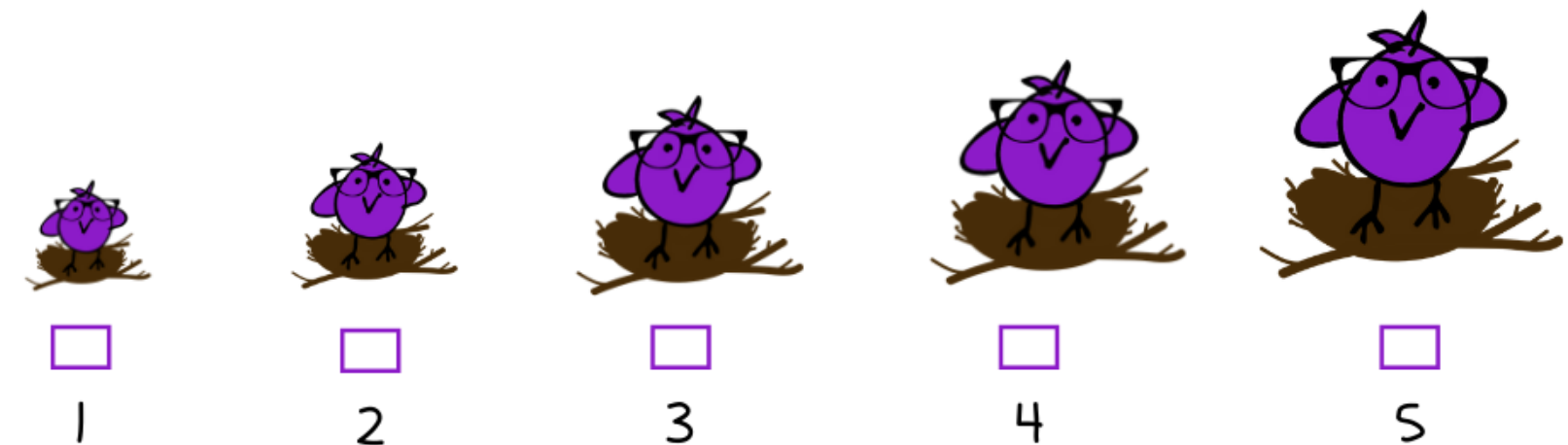


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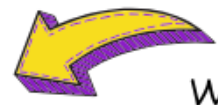
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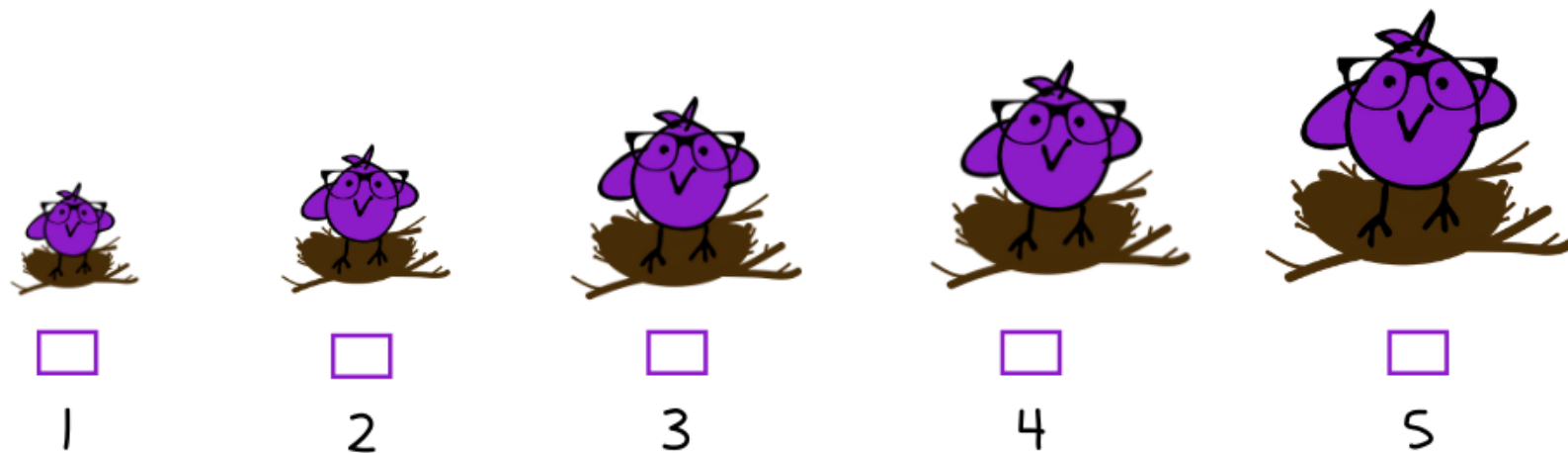


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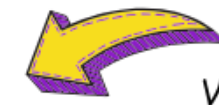
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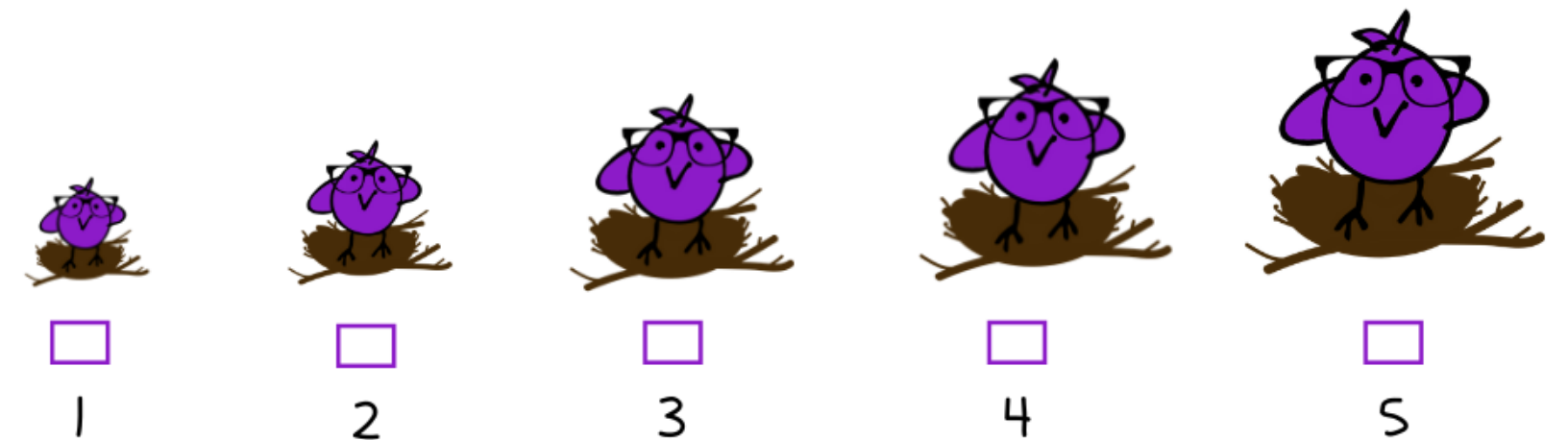


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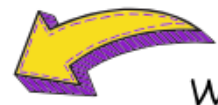
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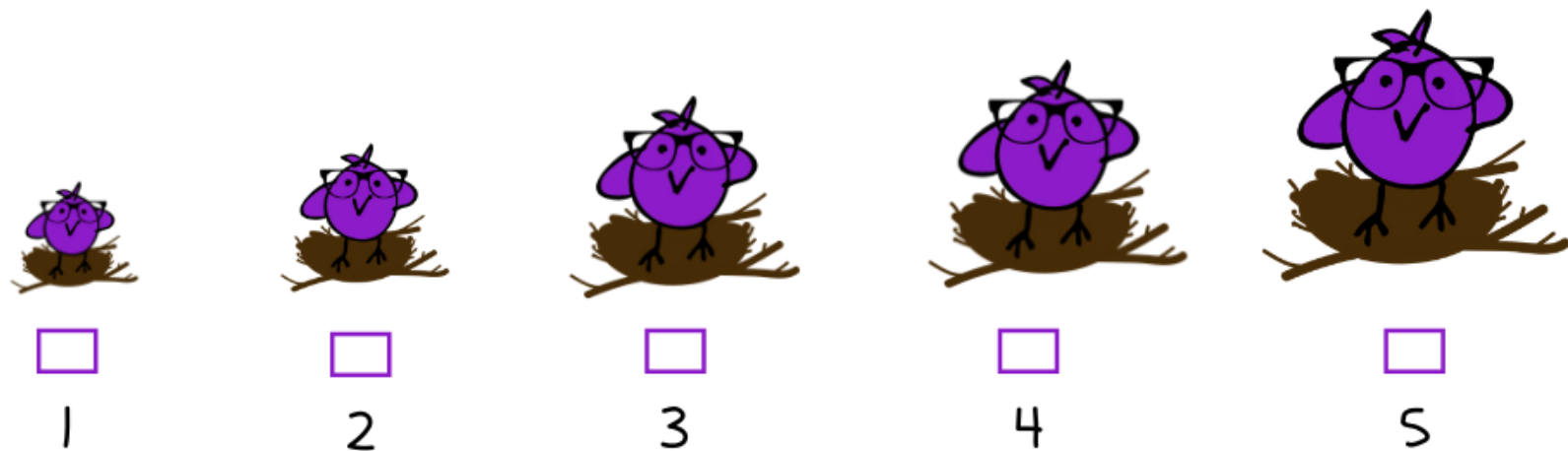


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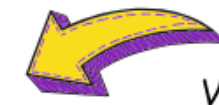
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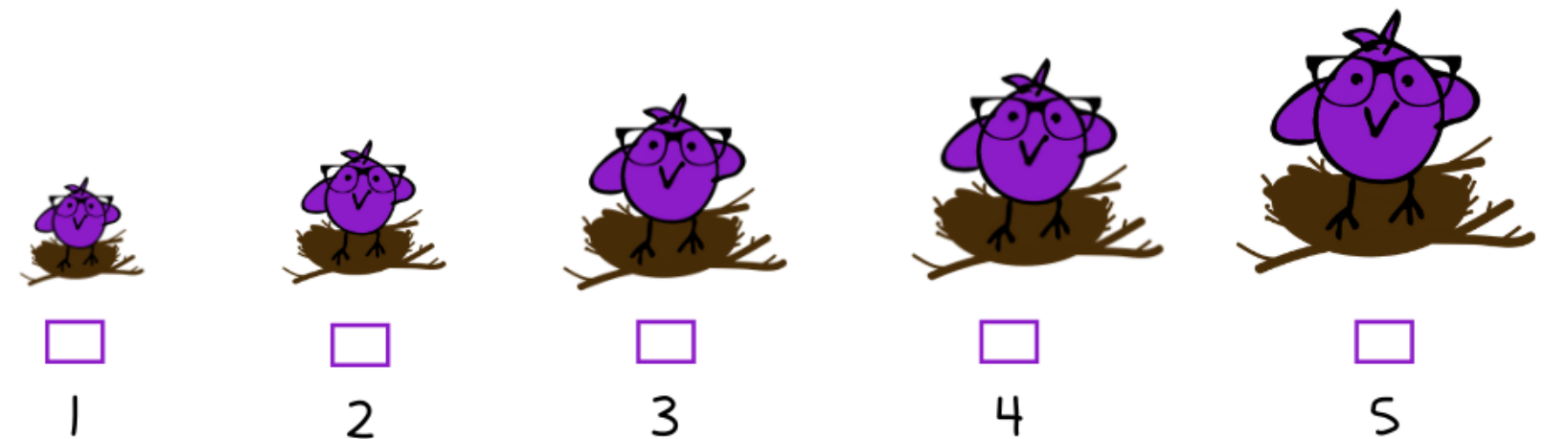


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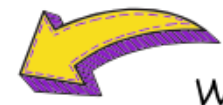
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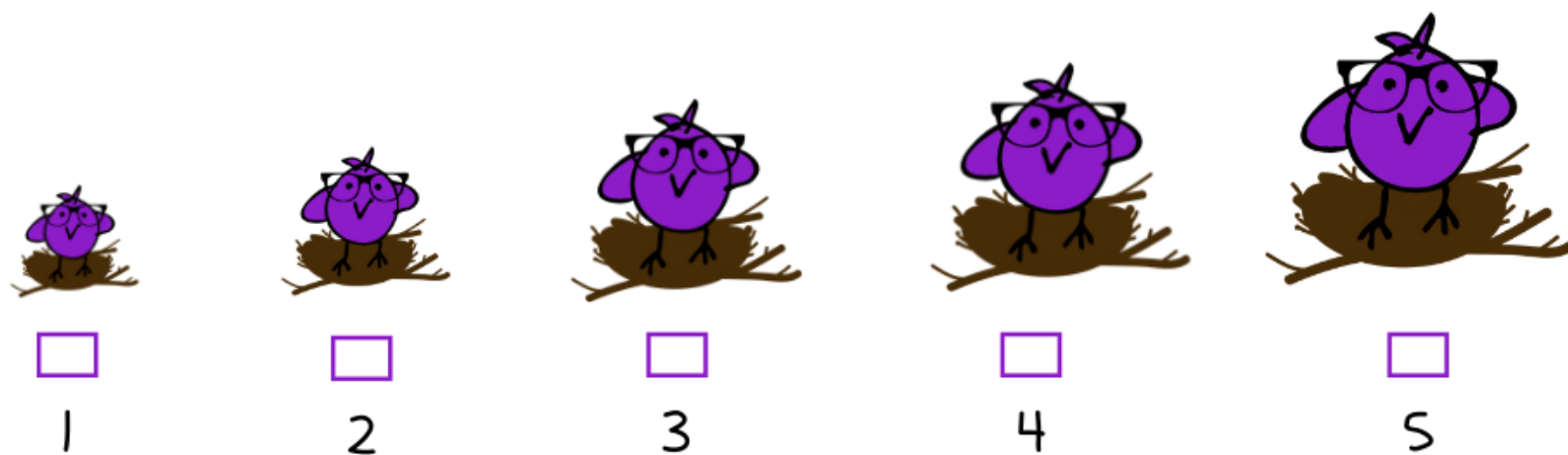


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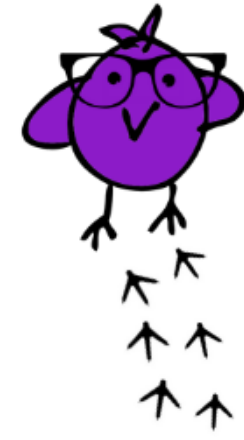
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How Did I Do This Week?

To be completed at the end of each week

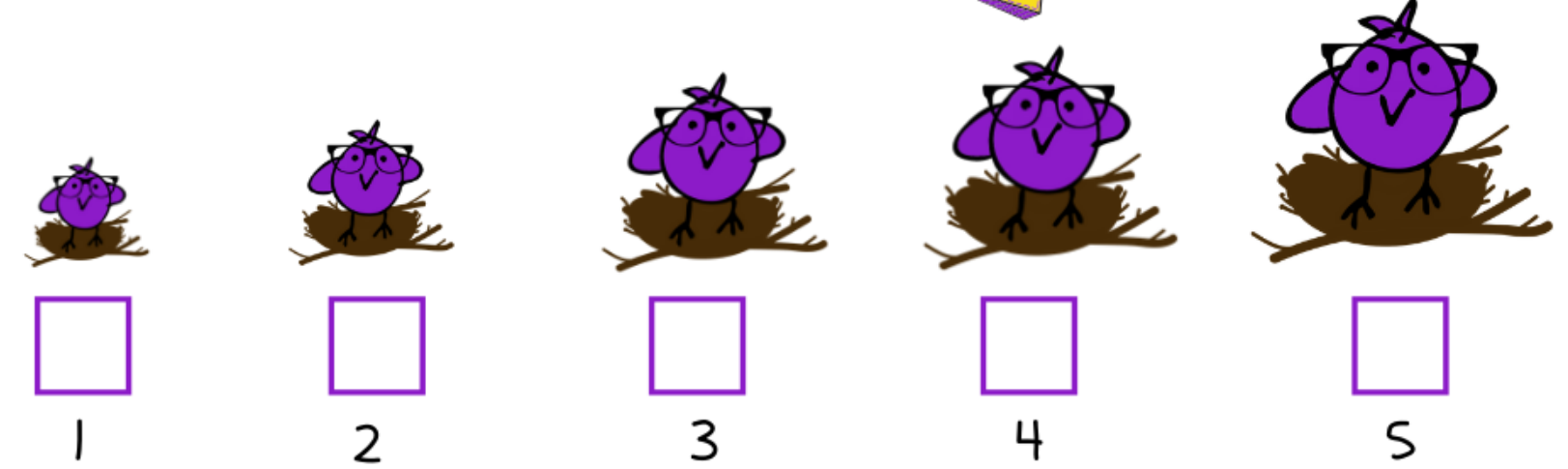


Birdy Steps Taken This Week

This week I worked on my Birdy Nesting Goal for days out of 7.

My End Of Week Effort Score

Example: If you gave yourself a score of 4 for 3 days you would write 3 in the box above the number 4.



Can you beat your score next week? You're aiming for lots of 4's & 5's! - Good luck!

At the end of this week I am now able to...

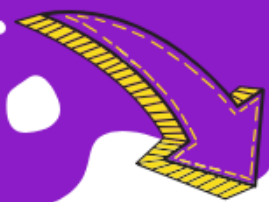


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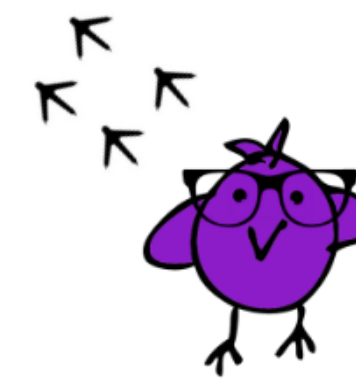


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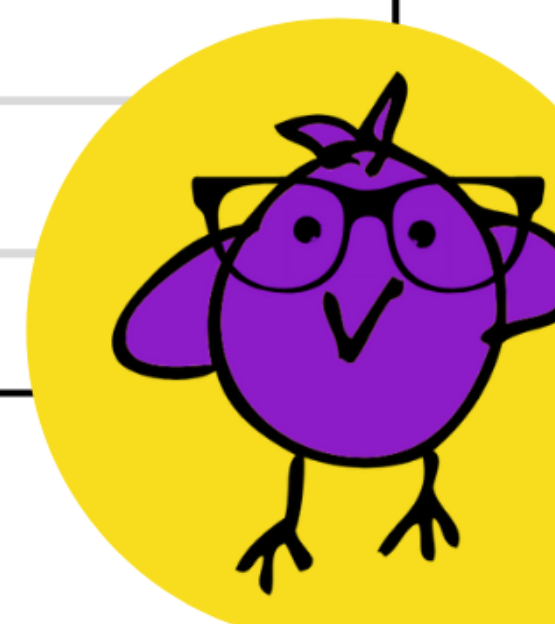
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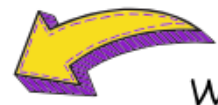
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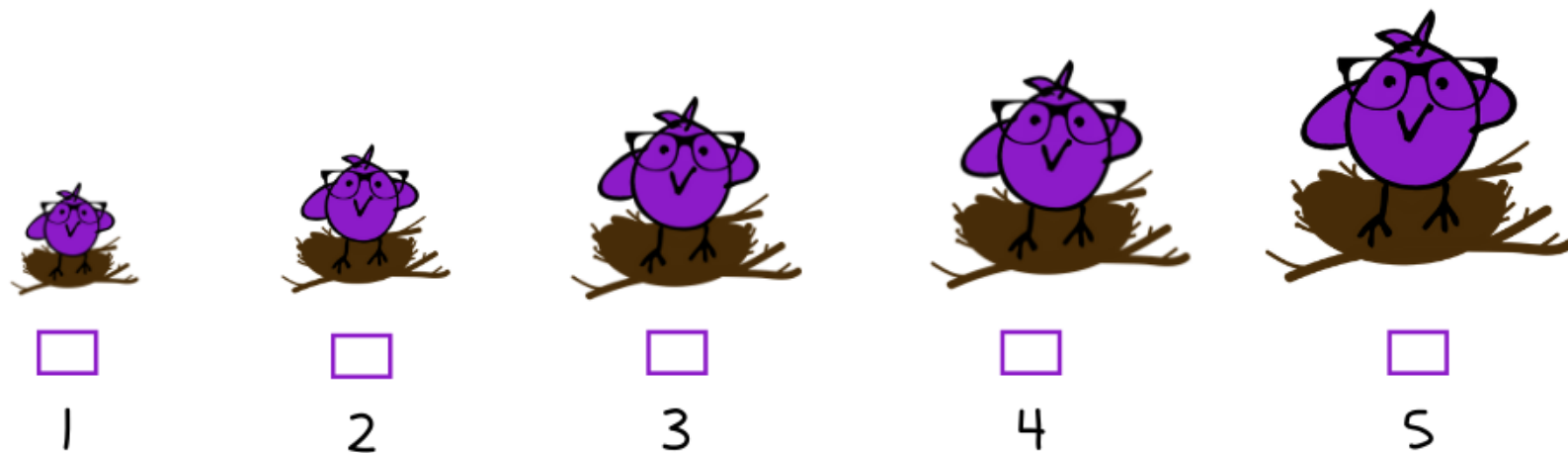


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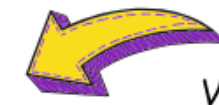
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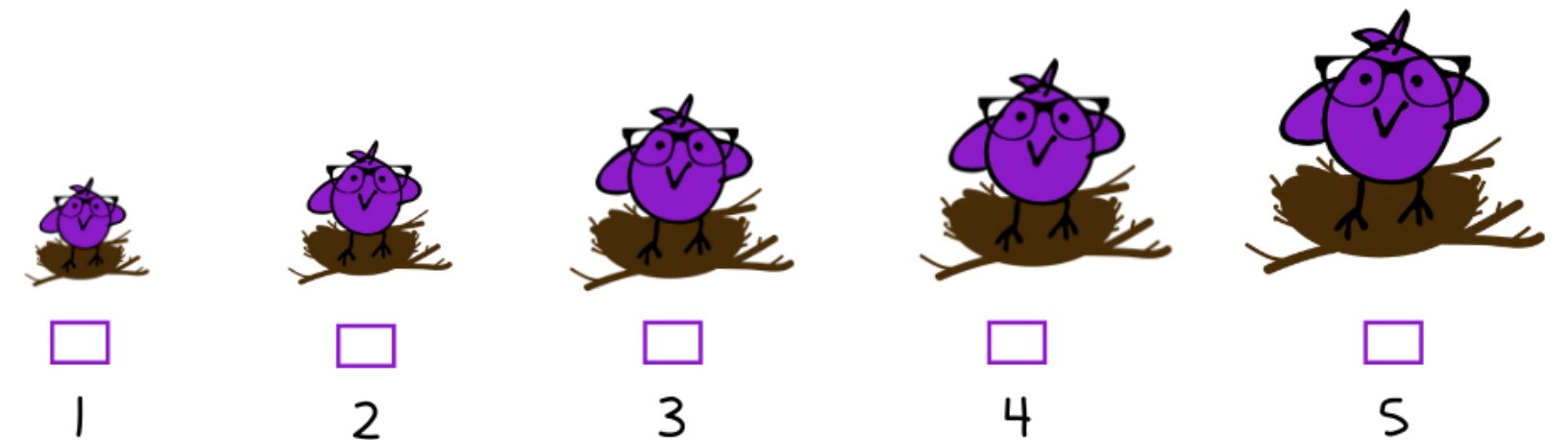


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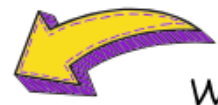
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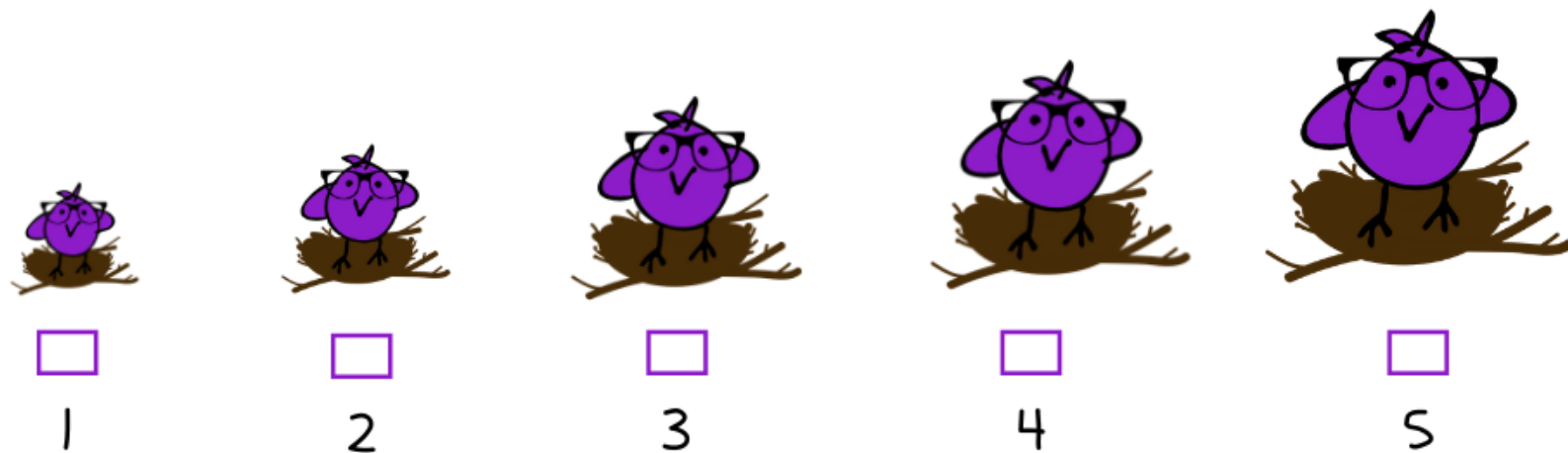


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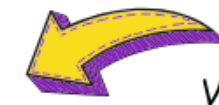
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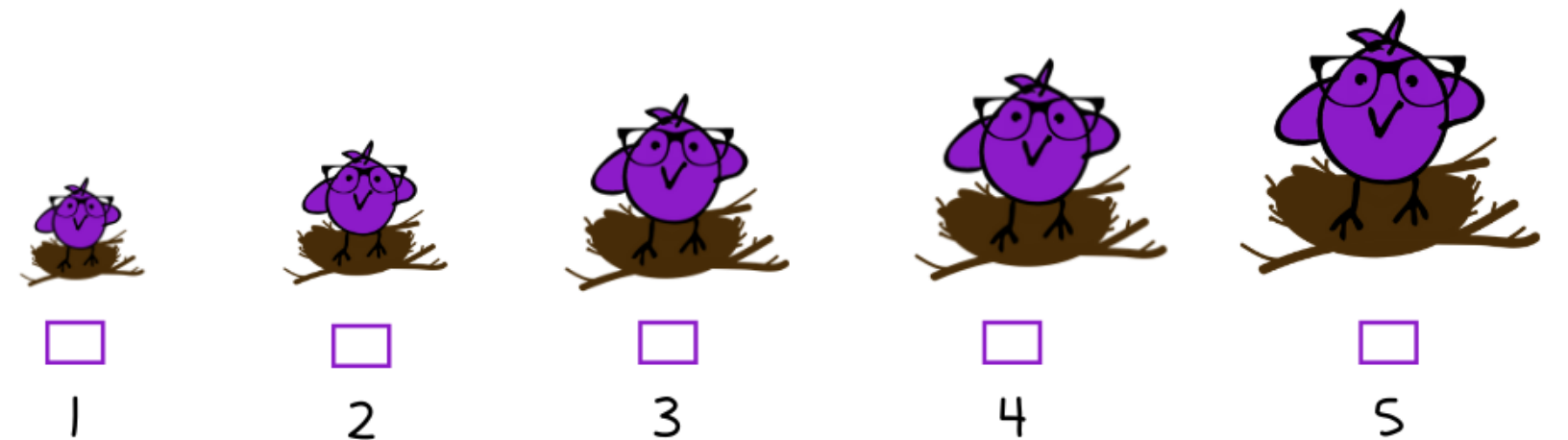


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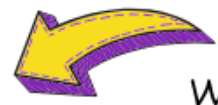
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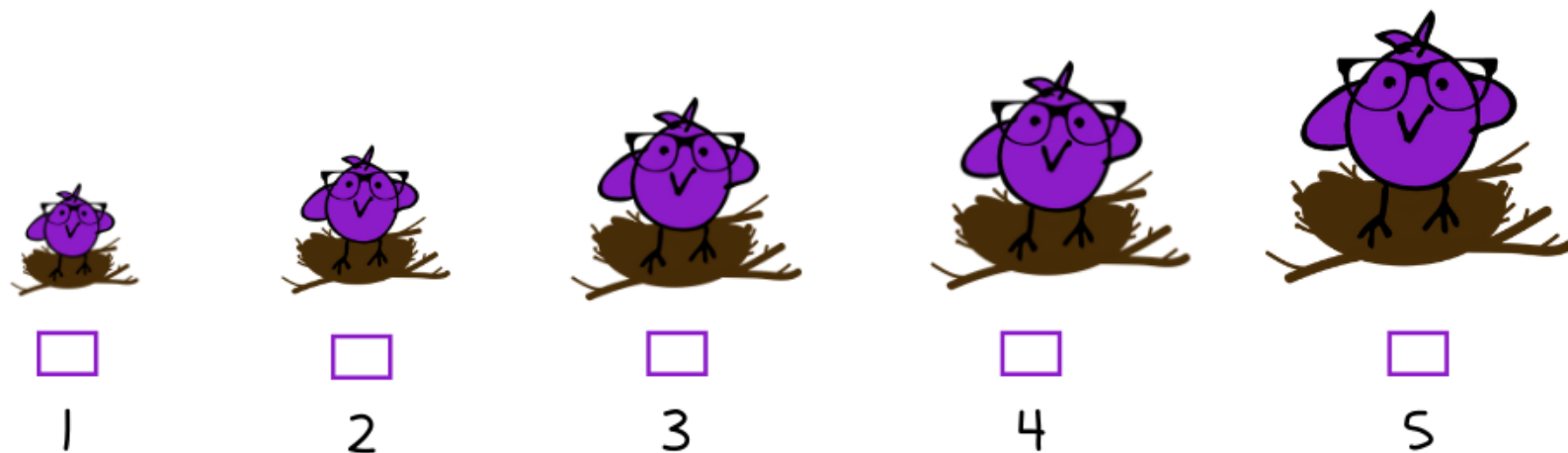


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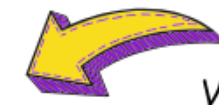
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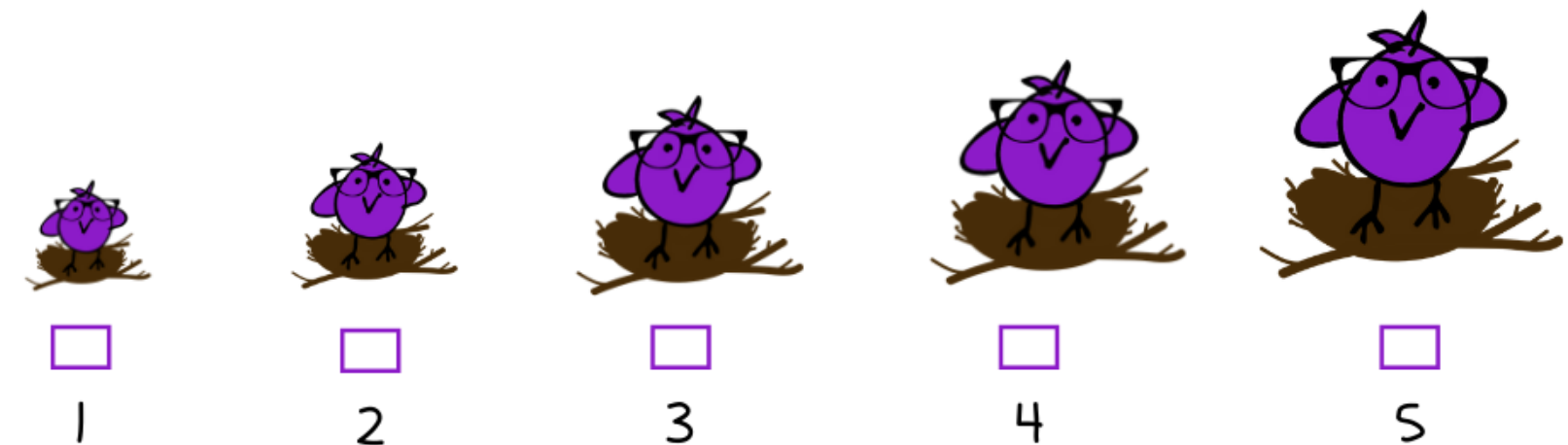


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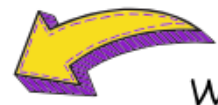
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1



2



3



4



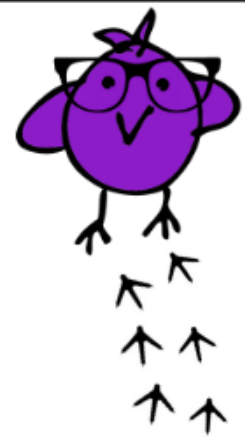
5

On a scale of 1 to 5: 1 = Teeny-Tiny Effort  5 = My BEST Effort

DO.
Amazing
— THINGS! —

How Did I Do This Week?

To be completed at the end of each week

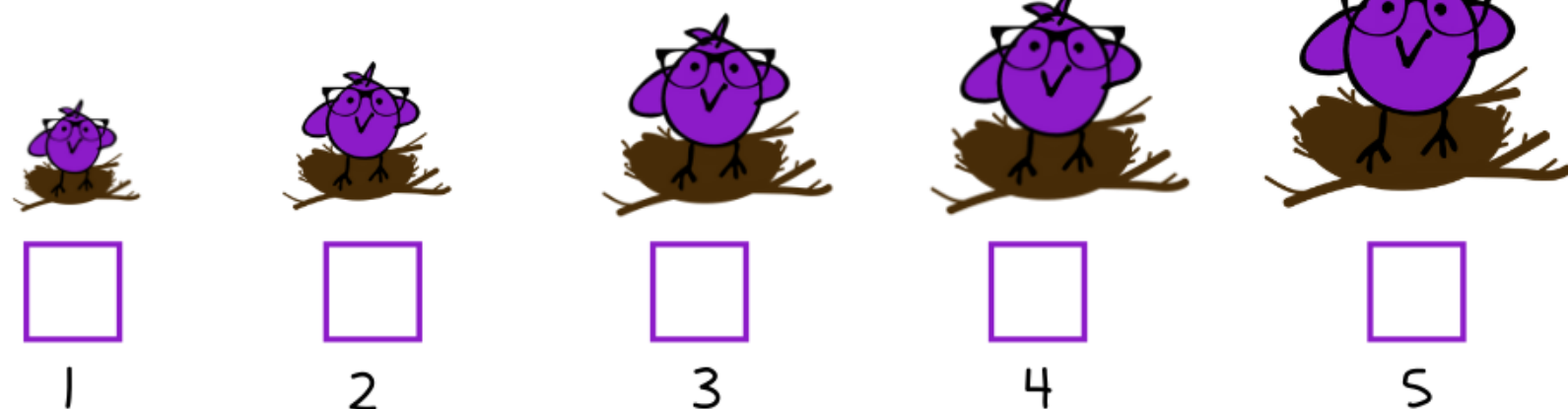


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My Birdy
Nesting
Goal
2 week
Review



Have You Completed Your Birdy Nesting Goal In 2 Weeks?

YES

NO

AMAZING

How Did You Do?

First of all, tell me about the Big Birdy Goal you just achieved. *Woo-Woo!*

This is the Birdy Nesting Goal that I have just achieved

I ACHIEVED THIS GOAL ON:

Write Date



GO TO THE NEXT PAGE TO SHARE MORE ABOUT THE GOAL YOU HAVE JUST ACHIEVED

SHARE MORE ABOUT THE BIRDY NESTING GOAL YOU HAVE JUST ACHIEVED



My Birdy Nesting Goal was important to me because...

Now that I have achieved my Birdy Nesting Goal I am able to...

NEXT



Why not print 14 more daily pages and set yourself a brand new goal to work on for the next 2 weeks. **GOOD LUCK, I believe in YOU!**





Can't Print This Out?

No worries!


Maybe you don't have a printer or printer ink. If that's the case why not do this instead...

- 1 In a notebook/blank journal write what it says on the daily pages. You can do this each day to make sure you are keeping track of your Birdy Nesting Goal. You could also use A4 paper and cut it in half to make an A5 journal, like this.



- 2 At the end of week one write what it says on the 'How Did I Do This Week' page and then fill in your answers.

- 3 Do the same for the following week(s).

- 4  After 2 weeks it's time to review your goal. Write what it says in the 2 Week Review section. You can draw the flow charts if you wish, just like we have. If you have completed your goal then be sure to write all about it. If you need a little longer then continue with your daily pages and review it at the end of each week.

- 5 If you completed your Birdy Nesting Goal in 2 weeks, then why not start again with a BRAND NEW goal in your notebook.



Keep Us Updated!



We would love for you to share photos/videos of you and the little ones in your life so we can see how you're getting on with your Birdy Nesting Goal.

Share On Social Media

Please tag us on Facebook and/or Instagram



/birdyjournals



@birdy_journals

Ideas Of Photos/Videos To Send

- ☀ Photos/video of you and your little one(s) starting your goal
- ☀ Take photos of the Birdy Nesting Goal you have wrote in your journal
- ☀ Video of why it's important for you to start & ACHIEVE your goal
- ☀ Progress video after 1 week
- ☀ Is your little one(s) doing better because you're doing it with them?
- ☀ At the end of 2 weeks share what you have achieved

I hope these ideas help!

www.birdyjournals.com