Monthly Writing Goals Checklist:_____

1. What does the upcoming month look like for me? Guesstimate, or if you like numbers, assign a numerical value for each from 1 to 10.

Workload:
low   medium   high

Family Responsibilities:
low   medium   high

Other Time Restrictions:
low   medium   high

Energy Reserves (emotional and physical!):
low   medium   high

2. Based on those factors, I expect this month to be the following intensity

low   medium   high

3. What's my average word count per session, based on this intensity? (SMALL ACHIEVABLE GOALS!)
Low: _____

Medium: _____

High: _____

4. How many days will I write in the upcoming month? (BE REALISTIC)

_____   x   _____   =   _____
Word count   x   writing days   =   MONTHLY GOAL

5. Summary:
Words per session goal: _____

Words per session STRETCH goal: _____

Monthly goal: _____

Monthly STRETCH goal: _____