



BRAIN-BASED. HEART LED

MY MIRACLE GOAL TRACKER

2025

Name: _____

Grade: _____

"Small Steps every day lead to BIG results"

GOALS

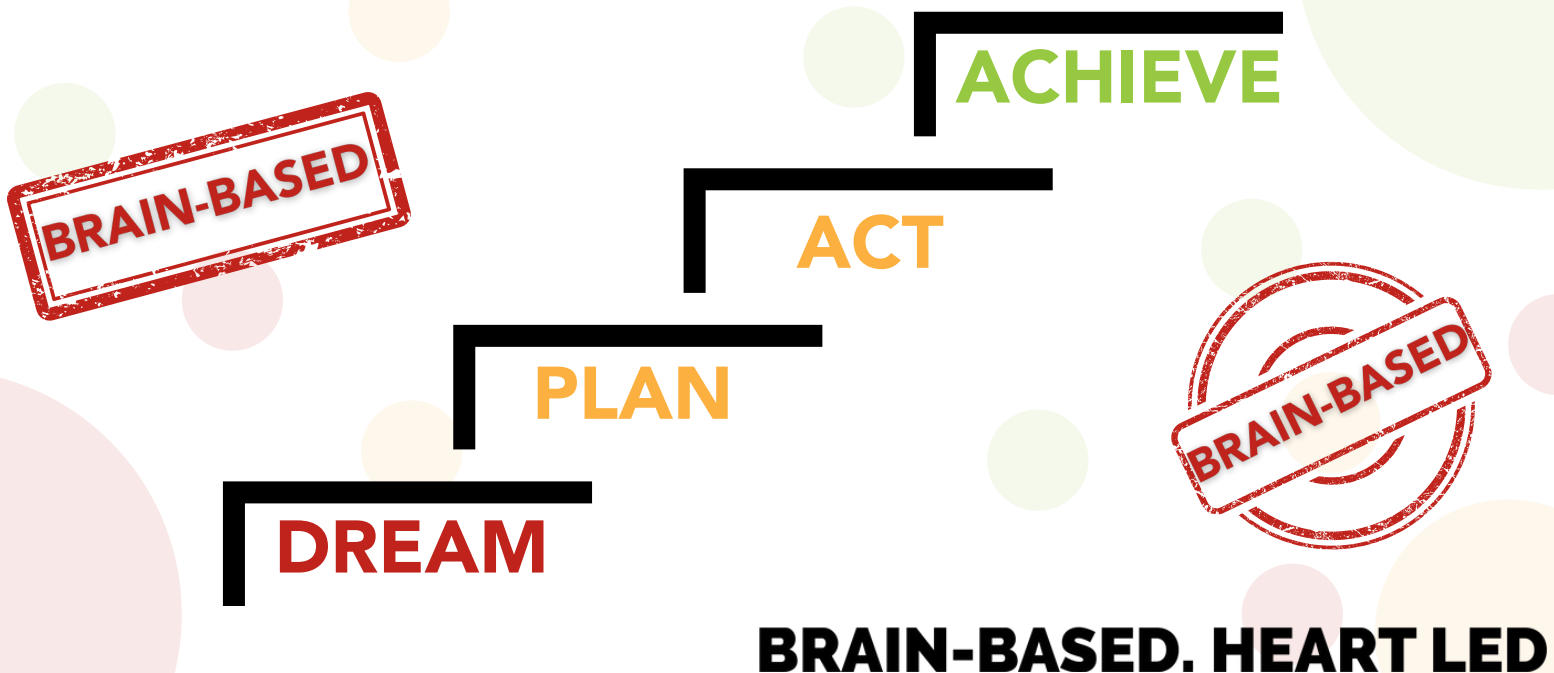
Turning Dreams into Actionable Goals

Welcome to the first step of your journey with the Miracle Goal Tracker: Goal Setting. This is where you define what success looks like for you. By identifying clear, meaningful goals, you're not just wishing for a better future—you're creating a roadmap to make it happen.

With the Miracle Goal Tracker, we'll help you craft **SMART** goals:

- **Specific:** Know exactly what you want to achieve.
- **Measurable:** Track your progress with concrete metrics.
- **Achievable:** Set goals that are challenging yet realistic.
- **Relevant:** Align goals with what truly matters to you.
- **Time-Bound:** Create deadlines to stay focused and driven.

Take this moment to dream big and commit to a future where your hard work leads to real success.



GOALS

Together We Plan



Specific
Measurable
Achievable
Relevant
Time-Bound

Be as specific as possible

Goals that you can measure

Goals that you can achieve

Goals that are relevant to you

Set Due Dates for goals

YOUR GOALS:

Goal	Why It Matters	Deadline

GOALS

Goal	Why It Matters	Deadline

HABITS



Habit Stacking - A New Tool

Success isn't just about setting goals—it's about building habits that support those goals every single day. Habit Stacking is a new technique that introduces a brain-based approach to making habits automatic and effective.

Habit stacking works by linking new habits to existing ones, using the brain's natural pathways to make changes seamless and sustainable. By anchoring small, purposeful actions to daily routines, you create momentum that leads to long-term success.

Here's how to use this section:

1. **Identify Your Anchor Habits:** Choose a habit you already do consistently, like brushing your teeth or starting homework.
2. **Pair It with a New Habit:** Link your new habit to your anchor. For example, "After I brush my teeth, I'll review my vocabulary words."
3. **Start Small:** Keep your new habit manageable—this builds consistency and confidence.
4. **Track Progress:** Use the Habit Stacking section to log daily wins and build momentum.
5. **Refine Over Time:** Adjust your stack as you grow—small changes lead to big transformations.

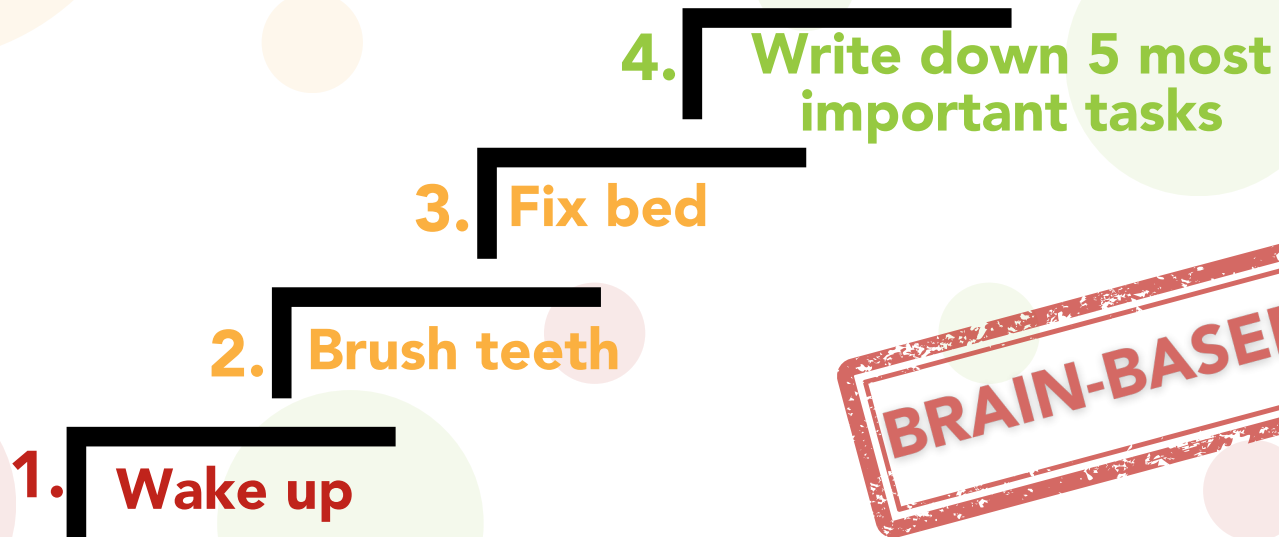
Habit stacking doesn't just help you succeed—it rewires your brain for lasting progress. Let's make success a habit!

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HABITS

Habit Stacking - A New Tool

EXAMPLE:



After: Wake up
CURRENT HABIT

I will: Brush Teeth
NEW HABIT

After: Fix Bed
CURRENT HABIT

I will: Journal
NEW HABIT

After: _____
CURRENT HABIT

I will: _____
NEW HABIT

After: _____
CURRENT HABIT

I will: _____
NEW HABIT

After: _____
CURRENT HABIT

I will: _____
NEW HABIT

After: _____
CURRENT HABIT

I will: _____
NEW HABIT

After: _____
CURRENT HABIT

I will: _____
NEW HABIT

After: _____
CURRENT HABIT

I will: _____
NEW HABIT

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ACTION

Turning Goals Into Steps



Great goals need a great plan. Now that you've set your sights on success, it's time to create a step-by-step path. The Action Planning section of the Miracle Goal Tracker is designed to help you break down big goals into manageable, actionable tasks.

Think of each task as a building block. By focusing on small, consistent actions, you'll steadily move closer to achieving your dreams.

Here's how to use this section:

1. **Identify the Steps:** Write down the specific actions needed to reach your goal.
2. **Set Priorities:** Highlight the tasks that will have the biggest impact.
3. **Create a Timeline:** Decide when you'll complete each step.
4. **Check Off as You Go:** Celebrate each completed task—it's progress worth acknowledging!

Planning is where ambition meets strategy. Let's transform your goals into a practical roadmap for success.

ACTION

PARENTS GUIDE

The Action Step is when your child begins working toward their goals. As an accountability partner—someone who helps them stay motivated and focused—you play an essential role.

1. What is an Accountability Partner?

An accountability partner supports and encourages someone to stay on track with their goals. For your child, this means providing guidance, positivity, and a sense of consistency.

2. Set Weekly Check-Ins

- Choose a regular time to review progress.
- Ask questions like:
 - “What went well this week?”
 - “What’s one challenge you overcame?”

3. Promote Consistency

- Encourage them to follow their action plan and celebrate small wins.
- Help them problem-solve when challenges arise.

4. Model Accountability

- Share your own goals and progress to inspire them.

5. Be Supportive

- Use affirmations like: “Every step forward is progress!”
- Let them take ownership while knowing you’re there to help.

ACTION

Steps to Success!

Action Steps

e.g. Practice 20 min daily

Resources Needed

e.g. Math Workbook

Support

e.g. Asking for help

Deadline

e.g. Weekly check-ins

YOUR ACTION PLAN:

Action Steps	Resources	Support	Deadline
<i>Flashcards 20 minutes daily</i>	<i>Quizlet or textbook</i>	<i>mom is my accountability</i>	<i>Weekly check in</i>

ACTION

Action Steps	Resources	Support	Deadline

PROGRESS



Measure Your Success

Tracking your progress is where the magic happens. It's not just about completing tasks; it's about seeing how far you've come and staying motivated to keep going.

The Progress Tracking section of the Miracle Goal Tracker helps you stay accountable and make adjustments when needed. By consistently reviewing your efforts, you'll build confidence and develop the resilience to overcome any challenges.

Here's how to make the most of this section:

1. **Log Weekly Progress:** Note what you've accomplished and any steps still in progress.
2. **Identify Challenges:** Write down obstacles you faced and brainstorm solutions.
3. **Celebrate Wins:** Recognize every milestone, no matter how small—it's a step toward your goal.
4. **Adapt as Needed:** If something isn't working, adjust your plan and keep moving forward.

Tracking is the bridge between planning and achievement. Let's keep that momentum going!

PROGRESS

PARENTS GUIDE

The Progress Phase is all about helping your child stay focused and motivated. Here's how you can support them:

1. Check-In Weekly

- Set a time to review progress together. Ask:
 - "What went well this week?"
 - "What's one thing to improve?"

2. Celebrate Wins

- Recognize every achievement, big or small. Use praise or simple rewards to boost their motivation.

3. Encourage a Growth Mindset

- Remind them that mistakes are part of learning. Say: "Progress, not perfection!"

4. Guide Without Taking Over

- Help them brainstorm solutions instead of solving problems for them.

5. Watch for Stress

- Encourage breaks or adjust goals if they feel overwhelmed.

Encouragement Tip: "Every step forward counts!"

Stay positive and supportive to help your child build habits that lead to success!

PROGRESS

Track your progress!

Highlight when I'm done!

Week	Goal	Progress	Feeling
Jan 1-7	Master fractions	3 days of practice this week	More confident!!

PROGRESS

Track your progress!

Week	Goal	Progress	Feeling

REFLECTION

Reflect. Celebrate. Grow.



Progress isn't just about moving forward—it's about taking the time to look back, learn, and appreciate how far you've come. The Reflection & Celebration section of the Miracle Goal Tracker is your space to evaluate your journey, build self-awareness, and stay motivated.

Reflection is where you uncover valuable lessons, and celebration reinforces positive habits. Together, they fuel your long-term success.

Here's how to use this section:

1. **Review Your Progress:** Look at what worked, what didn't, and what you've learned.
2. **Acknowledge Challenges:** Note any obstacles and the strategies you used to overcome them.
3. **Celebrate Wins:** Reward yourself for achieving milestones—big or small.
4. **Set New Intentions:** Use your reflections to refine your goals and plan the next steps.

Growth happens when you combine effort with mindfulness. Let's celebrate your achievements and learn from every experience!

REFLECTION

Celebrate your wins!

YOU SHOULD ENJOY EVERY WIN!

TIPS:

1) Celebrate Success

- What made you proud this month?

2) Learn from Challenges

- What was tough, and how did you handle it?

3) Focus on Effort

- Did you give your best?

4) Spot Patterns

- What worked well? What can improve?

5) Look Ahead

- What's one goal for next month?

6) Reward Yourself

- Treat yourself for your hard work!

REFLECTION

Celebrate your wins!

ASK YOURSELF:

- *What's the one thing I'm most proud of this month?*
- *What was the hardest thing I did, and how did I get through it?*
- *What's one skill I improved?*
- *What's one thing I'll do differently next time?*

REMEMBER

We're here for you!

Take a moment to appreciate how far you've come. Every step, no matter how small, brings you closer to your goals. Celebrate your wins and reflect on the lessons you've learned from challenges—they're all part of your growth.

Remember, progress isn't about being perfect; it's about showing up, putting in the effort, and staying committed to your journey. Every challenge you face is an opportunity to grow stronger and more confident.

At Miracle Math, we're proud to be part of your journey. Together, we'll keep building on your successes and turning goals into achievements. The next step is yours—let's make it count!

-Deanna Hurn

Founder and CEO