

How to Track Your Goals

Unleash your Rainbow



As you journey towards your Goals and the pot at the end of your rainbow, it's good practice to regularly review; where you're at, what you've accomplished so far, and if any milestones need a rethink.

This check-in is an ideal time to not only assess if you've been managing your rainbow and unleashing yourself with; **Focus, Discipline** and **Determination**. But you also get the opportunity to celebrate any successes, along the way.

Follow these 3 quick steps to track your progress on the [Rainbow Action Hub](#):

Step 1

Head to the [Rainbow Action Hub](#) navigate to the **My Goals** section of the site.

Select the goal you want to update by clicking **Goal Details**.

Step 2

Walk Daily To Keep Active

[Back To My Goals](#)
[Print Goal](#)
[Edit Goal](#)
[Delete Goal](#)

MILESTONES

As you achieve your milestones tick them below and click update

<input checked="" type="checkbox"/>	Walk 5,000 steps daily	21-01-2023
<input checked="" type="checkbox"/>	Walk 6,000 steps daily	11-02-2023
<input type="checkbox"/>	Walk 7,000 steps daily	04-03-2023
<input type="checkbox"/>	Walk 8,000 steps daily	25-03-2023
<input type="checkbox"/>	Walk 9,000 steps daily	15-04-2023
<input type="checkbox"/>	Walk 10,000 steps daily	06-05-2023

[EDIT MILESTONE](#)
[UPDATE MILESTONE](#)

Review your goal and milestones.

If you've achieved a milestone/s, then place a tick in the box next to the milestone/s...

... then click **Update Milestone**.

When you update your goal, you'll receive a well-earned smiley face next to the milestone to show you are on track.

Give yourself a well-earned pat on the back... you're making steady progress towards the pot at the end of your rainbow.

It's a good time to reflect on your journey so far, and remember to celebrate your achievements!

Walk Daily To Keep Active

[Back To My Goals](#)
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MILESTONES

As you achieve your milestones tick them below and click update

<input checked="" type="checkbox"/>	Walk 5,000 steps daily	21-01-2023	😊
<input checked="" type="checkbox"/>	Walk 6,000 steps daily	11-02-2023	😊
<input type="checkbox"/>	Walk 7,000 steps daily	04-03-2023	
<input type="checkbox"/>	Walk 8,000 steps daily	25-03-2023	
<input type="checkbox"/>	Walk 9,000 steps daily	15-04-2023	
<input type="checkbox"/>	Walk 10,000 steps daily	06-05-2023	

[EDIT MILESTONE](#)
[UPDATE MILESTONE](#)

Walk Daily To Keep Active

GOAL ACHIEVED.

[Back To My Goals](#)

[Print Goal](#)

[Edit Goal](#)

[Delete Goal](#)

MILESTONES

As you achieve your milestones tick them below and click update

Your Milestone updated successfully.

<input checked="" type="checkbox"/>	Walk 5,000 steps daily	21-01-2023	😊
<input checked="" type="checkbox"/>	Walk 6,000 steps daily	11-02-2023	😊
<input checked="" type="checkbox"/>	Walk 7,000 steps daily	04-03-2023	😊
<input checked="" type="checkbox"/>	Walk 8,000 steps daily	25-03-2023	😊
<input checked="" type="checkbox"/>	Walk 9,000 steps daily	15-04-2023	😊
<input checked="" type="checkbox"/>	Walk 10,000 steps daily	06-05-2023	😊

[EDIT MILESTONE](#) [UPDATE MILESTONE](#)

When you tick all your milestones, it can mean only one thing... you've fulfilled your goal and you've achieved what you set out to do!

Woohoo... you did it! I'm so excited for you!

Not only will you have a line of smiley faces, but you get a **'Goal Achieved gold bar'**. Your goal is also flagged gold under My Goals.

Step 3

If you find your milestones have not been met, then you need to pause and reflect on your Goal and the milestones you have set. Ask yourself:

- Am I being too ambitious ... do I need to be more realistic?
- Am I still passionate about this goal? Is it something I still want? or have my circumstances or priorities changed?
- How much longer do I need to accomplish that particular milestone?
- What impact is there on the other milestones and the overall goal achievement date?
- What things are impacting me? Can I do anything else to keep me on track, be smarter?



Based upon your responses, you can edit your goal by clicking 'Edit Milestone' or 'Edit Goal' ... and once you've made your changes remember to click 'Update Goal'.

Edit My Goal

Goal Name*

Category Health & Wellness

Describe your goal

Milestone		WHEN BY	
1.	<input type="text" value="Walk 5,000 steps daily"/>	<input type="text" value="21-01-2023"/>	<input checked="" type="checkbox"/>
2.	<input type="text" value="Walk 6,000 steps daily"/>	<input type="text" value="11-02-2023"/>	<input checked="" type="checkbox"/>
3.	<input type="text" value="Walk 7,000 steps daily"/>	<input type="text" value="04-03-2023"/>	<input checked="" type="checkbox"/>
4.	<input type="text" value="Walk 8,000 steps daily"/>	<input type="text" value="25-03-2023"/>	<input checked="" type="checkbox"/>
5.	<input type="text" value="Walk 9,000 steps daily"/>	<input type="text" value="15-04-2023"/>	<input checked="" type="checkbox"/>
6.	<input type="text" value="Walk 10,000 steps daily"/>	<input type="text" value="06-05-2023"/>	<input checked="" type="checkbox"/>

My goals

Walk Daily To K...

HEALTH - It's 2... ☒

CAREER & LEARNI... ☒

WEALTH CREATION... ☒

My vision boards

Home Page Visio... ☒

I'm Managing My... ☒

2020 - Love My ... ☒

Set Your Life &... ☒

Achieve My Weig... ☒

Well done and keep up the good work! By tracking your progress regularly, it helps you regain; **Focus, Discipline** and **Determination**, as you work diligently towards your Goals.

...and if you need support to take the next steps towards your goals and dreams, and the pot at the end of your rainbow, then I'd love to hear from you.

Head to [Manage My Rainbow](#) and see how I can help you go from; 'aHa' to 'WoW'.

I'm Allan Bennett! I'm managing my rainbow and I'm here to help you manage yours, so you have confidence to be yourself, embrace life and thrive.



Regular Action Is Now Believing Our Wishes