

<Name>'s BPG!



My goal is...

Make it clear, compelling & challenging!

And I will know I've achieved it when...

I will prove it to the team by...

(Optional) If I don't achieve my goal, I will...

Opt into a "hard" commitment device by imposing a cost or consequence for failing to follow through on your commitment

Here's what I plan to do to achieve my goal:

You might like to think about weekly activities, monthly progress, ideas to keep you motivated on the journey!