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Set your first goals

Revision 2026-10-11

Add at least one short-term, one medium-term, and one long-term goal during setup.

Get set step 5 of 5 asks for at least one **Short-term**, one **Medium-term**, and one **Long-term** goal before you can open the journal.

Add the three goals

1. On the **Goals** setup screen, tap **Add Short-term goal** (the button name changes to **Add Medium-term goal** or **Add Long-term goal** as you go, then **Add another goal**).
2. Under **What are you working toward?**, type a **Goal title** and pick **Short**, **Medium**, or **Long**. Tap **Next**.
3. Under **How will you track it?**, pick **One-Time**, **Repeatable**, or **Target**. Tap **Next**.
4. Fill in optional details, then tap **Save**.
5. Repeat until the checklist shows **Added** for Short-term, Medium-term, and Long-term.

Until then, the app says: "Add at least one short-term, one medium-term, and one long-term goal to continue."

Finish setup

Tap **Open journal**.

Want the full goal steps later? See Add a goal.

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