

Goal SETTING

START DATE: ___/___/_____

END DATE: ___/___/_____

MY GOAL IS ...

MY WHY

TO REMEMBER

ACTION STEPS

THINGS TO USE

- _____
- _____
- _____
- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRAW / SKETCH

GRATEFUL FOR

“

”