What GOAL do I want to accomplish:



| | | | | | | <u> </u> |
|---|----|----|----|-----------------------|----|----------|
| Why is this goal important to me? | | | | | | |
| What are the steps I need to take: ———————————————————————————————————— | | | | My daily affirmation: | | |
| | | | | | | |
| | | | | | | |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| This is how I will reward myself: | | | | | | |