

YEARLY GOALS

YEAR _____

MY FOCUS THIS YEAR

HOW DO I WANT TO FEEL? WHAT DO I WANT TO ACCOMPLISH?

GOAL

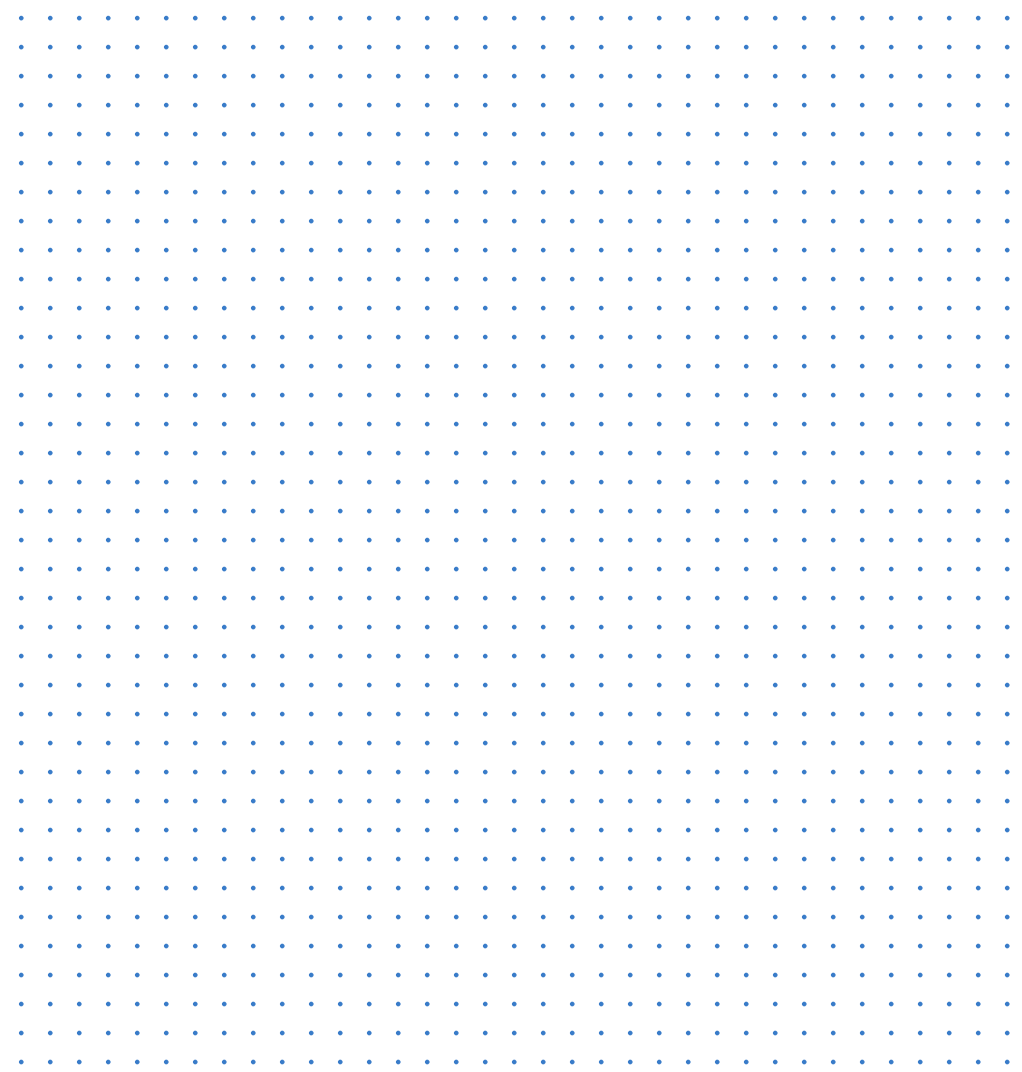
WHY

GOAL

WHY

GOAL

WHY



MONTHLY GOALS

MONTH _____

MY FOCUS THIS MONTH

GOAL

BODY / MIND / SOUL

GOAL

BODY / MIND / SOUL

GOAL

BODY / MIND / SOUL

ACTIONS

ACTIONS

ACTIONS

REWARD ONCE COMPLETED

REWARD ONCE COMPLETED

REWARD ONCE COMPLETED

WEEKLY GOALS

WEEK OF _____

THIS WEEK I WILL

GOAL

BODY / MIND / SOUL

GOAL

BODY / MIND / SOUL

GOAL

BODY / MIND / SOUL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY / SUNDAY
DO MORE	DO MORE	DO MORE	DO MORE	DO MORE	DO MORE
DO LESS	DO LESS	DO LESS	DO LESS	DO LESS	DO LESS
DAILY WIN	DAILY WIN	DAILY WIN	DAILY WIN	DAILY WIN	DAILY WIN

DAILY GOALS

DATE _____

TODAY, I WANT TO ACHIEVE

GOAL

BODY / MIND / SOUL

GOAL

BODY / MIND / SOUL

GOAL

BODY / MIND / SOUL

NOTES

NOTES

NOTES

REFLECTION

WHAT WENT WELL?

WHAT DID I DISLIKE?

WHAT WOULD I DO DIFFERENTLY?

ANY QUESTIONS FOR TOMORROW?
