



→→→→ Goals For The Month of _____

Goals
What is each goal and why are they important to me?

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Action Steps
What steps are necessary to complete each goal?

☐ _____ ☐ _____ ☐ _____ ☐ _____	☐ _____ ☐ _____ ☐ _____ ☐ _____	☐ _____ ☐ _____ ☐ _____ ☐ _____
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What Obstacles Might Stand in My Way
And how will I overcome them?

☐ _____ _____ ☐ _____ _____	☐ _____ _____ ☐ _____ _____	☐ _____ _____ ☐ _____ _____
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When I feel like giving up, I
will tell myself: _____

When I feel like giving up, I
will tell myself: _____

When I feel like giving up, I
will tell myself: _____

