

Week of _____

THIS WEEK'S *goals*:



“ WRITE A POSITIVE *saying / quote* TO FOLLOW THIS WEEK: ”

IMPORTANT *due dates* THIS WEEK:

(SETTING A TIMELINE WILL HELP HOLD YOU ACCOUNTABLE!)









LIST 3 THINGS THAT CAN HELP YOU *achieve* YOUR GOALS:



LIST *three* THINGS THAT INSPIRE YOU:



WRITE ABOUT SOME *milestones* FROM THIS WEEK: