

GOAL SETTING

Is there a hobby I would like to start?

Is there a skill I want to learn?

Is there a habit I would like to break?

Is there a habit I want to create?

What have I achieved that I am proud of?

*They don't need to be lofty life-changing goals!
Regular, small and achievable goals will
motivate you to make changes for the better,
giving you the confidence to work on your
larger long-term goals.*

Celebrate your achievements!

JOURNAL PROMPTS

GOOD THINGS COME
TO THOSE WHO
INITIATE

A GOAL IS A
PERSONAL PROMISE
TO YOUR FUTURE SELF