

# Conversations with yourself...

YES U  
CAN

Time to put the conversations you have with yourself into action! Pick one thing you want to be intentional about this month and set a larger goal around it. Come up with 5 things you can do to work towards that goal and write them on conversation hearts below. Whenever you accomplish those steps throughout the month, mark off that color conversation heart. See if it helps you accomplish your goal!

MY GOAL IS:

I CAN ACHIEVE  
THIS GOAL IF I:

SHE RUNS THIS TOWN

