

Lets take the next step to acheiving your goals!

One goal regarding my health _____

By what date _____

3 Steps to take:

- 1.
- 2.
- 3.

One goal regarding things I want _____

By what date _____

3 Steps to take:

- 1.
- 2.
- 3.

One goal of what I want to acheive _____

By what date _____

3 Steps to take:

- 1.
- 2.
- 3.