

*My goal for this month*

*is:* \_\_\_\_\_

*Every step, no matter how small, is a step closer to your goal*

MONDAY I WILL DO THREE 10 MINUTE ACTIONS TOWARDS MY GOAL

1.

2.

3.

TUESDAY I WILL DO THREE 10 MINUTE ACTIONS TOWARDS MY GOAL

1.

2.

3.

WEDNESDAY I WILL DO THREE 10 MINUTE ACTIONS TOWARDS MY GOAL

1.

2.

3.

THURSDAY I WILL DO THREE 10 MINUTE ACTIONS TOWARDS MY GOAL

1.

2.

3.

FRIDAY I WILL DO THREE 10 MINUTE ACTIONS TOWARDS MY GOAL

1.

2.

3.

SATURDAY I WILL DO THREE 10 MINUTE ACTIONS TOWARDS MY GOAL

1.

2.

3.

SUNDAY I WILL CONGRATULATE MYSELF AND MY ACHIEVEMENTS THIS WEEK BY

1.

2.

3.