

Today

DATE: ___ / ___ / ___

S M T W T F S

THE GOAL:

DEADLINE:

IMPORTANCE: ○ ○ ○ ○ ○

MILESTONES & ACTIONS

1. _____

2. _____

3. _____

I AM GRATEFUL FOR _____

CHALLENGES _____

MOTIVATION _____

OBJECTIVE ACOMPLISHED

REFLECTION _____

WATER



EXERCISE _____

