

MONTH:

MY WORD/THEME/MANTRA FOR THE MONTH

FOCUS FOR THE MONTH

YEARLY GOALS FOCUS: WHAT I NEED TO DO THIS MONTH TO REACH MY GOALS

DONE

- _____
- _____
- _____
- _____
- _____
- _____

HEALTH FOCUS

FINANCIAL FOCUS

RELATIONSHIP FOCUS

DATES TO REMEMBER

AFFIRMATIONS/MOTIVATION

GOAL:

START DATE

FINISH DATE

WHY DO YOU WANT TO ACHIEVE THIS GOAL?

ACTION STEPS: USE THIS SECTION TO FILL IN STEPS TO REACH YOUR GOAL AND THE NOTES, RESOURCES AND ACCOUNTABILITY THAT WILL HELP.

1.

COMPLETE BY:

2.

COMPLETE BY:

3.

COMPLETE BY:

4.

COMPLETE BY:

5.

COMPLETE BY:

NOTES

HELPFUL RESOURCES

ACCOUNTABILITY

HOW I WILL CELEBRATE