



MONTHLY GOALS

FEBRUARY

GOAL #1

GOAL #2

GOAL #3

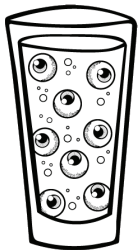
ONE THING...

YOU WANT TO START OR STOP DOING

YOU'VE BEEN PUTTING OFF THAT YOU SHOULD DO

BIGGEST TO-DO'S:

1. _____
2. _____
3. _____
4. _____
5. _____



START: GOALS | TO DO LIST

- WRITE DOWN TWO TO THREE WAYS TO ACHIEVE EACH OF YOUR THREE MAIN GOALS.
- BLOCK TIME OUT ON YOUR CALENDAR OR IN YOUR PLANNER FOR WHAT YOU'VE LISTED.
- PIN THIS SHEET WHERE YOU CAN SEE IT DAILY.

PLAN THREE FUN THINGS FOR THIS MONTH:

WHAT:

WHEN:

HALF-WAY CHECKIN:

ARE YOU STICKING TO YOUR GOALS? WHY OR NOT NOT?

IF NOT, WHAT ADJUSTMENTS NEED TO BE MADE?

WHAT:

WHEN:

WHAT:

WHEN: