

# Goal

SETTING

START DATE:

\_\_/\_\_/\_\_\_\_

END DATE:

\_\_/\_\_/\_\_\_\_

MY GOAL IS ...

MY WHY

TO REMEMBER

ACTION STEPS

THINGS TO USE

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_

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- \_\_\_\_\_
- \_\_\_\_\_

DRAW / SKETCH

GRATEFUL FOR

— “ —————  
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