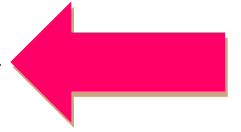




# Achieving My Goals



## Reminders

Goal: \_\_\_\_\_

Meditate on your goal

Be mindful of your why

Focus on the present

Take inspired action

Be GRATEFUL for this journey



## Monday

Action taken: \_\_\_\_\_

I am grateful: \_\_\_\_\_

I am feeling: \_\_\_\_\_

Inspired ideas: \_\_\_\_\_

\_\_\_\_\_

## Tuesday

Action taken: \_\_\_\_\_

I am grateful: \_\_\_\_\_

I am feeling: \_\_\_\_\_

Inspired ideas: \_\_\_\_\_

\_\_\_\_\_

## Wednesday

Action taken: \_\_\_\_\_

I am grateful: \_\_\_\_\_

I am feeling: \_\_\_\_\_

Inspired ideas: \_\_\_\_\_

\_\_\_\_\_

## Thursday

Action taken: \_\_\_\_\_

I am grateful: \_\_\_\_\_

I am feeling: \_\_\_\_\_

Inspired ideas: \_\_\_\_\_

\_\_\_\_\_

## Friday

Action taken: \_\_\_\_\_

I am grateful: \_\_\_\_\_

I am feeling: \_\_\_\_\_

Inspired ideas: \_\_\_\_\_

\_\_\_\_\_

## Saturday

Action taken: \_\_\_\_\_

I am grateful: \_\_\_\_\_

I am feeling: \_\_\_\_\_

Inspired ideas: \_\_\_\_\_

\_\_\_\_\_

## Sunday

Action taken: \_\_\_\_\_

I am grateful: \_\_\_\_\_

I am feeling: \_\_\_\_\_

Inspired ideas: \_\_\_\_\_

\_\_\_\_\_