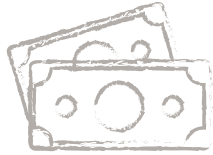


GOAL SETTING PLANNER

DATE:

What ONE thing needs to happen in each section to improve your life

MONEY



EXERCISE



WATER



FOOD



What is the main thing you would like to achieve

MY GOAL IS



AFFIRMATION



MILESTONES



WHY IS IT ESSENTIAL THAT YOU DO THIS

I AM LOVED BY

I AM GRATEFUL FOR

I RELAXED BY

WEEKLY PLANNER

My life deserves the best version of me



ACTION

_____ ○

_____ ○

_____ ○

_____ ○

_____ ○

_____ ○

_____ ○

_____ ○

ACTION

_____ ○

_____ ○

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PRIORITIES:

NOTES:

Rate your progress from 1-10, 10 being the highest and 1 being the lowest

MONDAY ○

TUESDAY ○

WEDNESDAY ○

THURSDAY ○

FRIDAY ○

SATURDAY ○

SUNDAY ○

DAILY CHECKIN

DATE:

SET YOUR INTENTION FOR TOMORROW

My Money today

In	Out
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What is my Goal?

What random act of kindness did I do?

Total Exercise

Total Time	Total Steps
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What is my affirmation for my goal

What am I grateful for?

Total water intake

What action did I take for my goal

What moment of happiness did I 'still'?

Meal summary

What worked well or did not	What can change
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What action is needed for tomorrow?

List have your learnt and are taking from today?