



# MY GOALS



Write down your goals. Then write what actions will help you meet them. All of this will help you keep track of your progress.

MY GOAL

ACTION



DID THE ACTION WORK? ☐ YES ☐ NO

MY GOAL



ACTION

DID THE ACTION WORK? ☐ YES ☐ NO

MY GOAL

ACTION



DID THE ACTION WORK? ☐ YES ☐ NO

