

GOALS JOURNAL

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WHY DO I WANT TO ACHIEVE MY GOALS?

HOW CAN I ACHIEVE THEM?

REMINDER

NOTE

GOALS LIST

DATE

THE GOALS

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THE ACTIONS

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WEEKLY GOALS

WEEK

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

REMINDER

GOALS TRACKER

DATE

MY GOAL

START

FINISH

POTENTIAL ROADBLOCKS

STRATEGIES

MOTIVATIONS