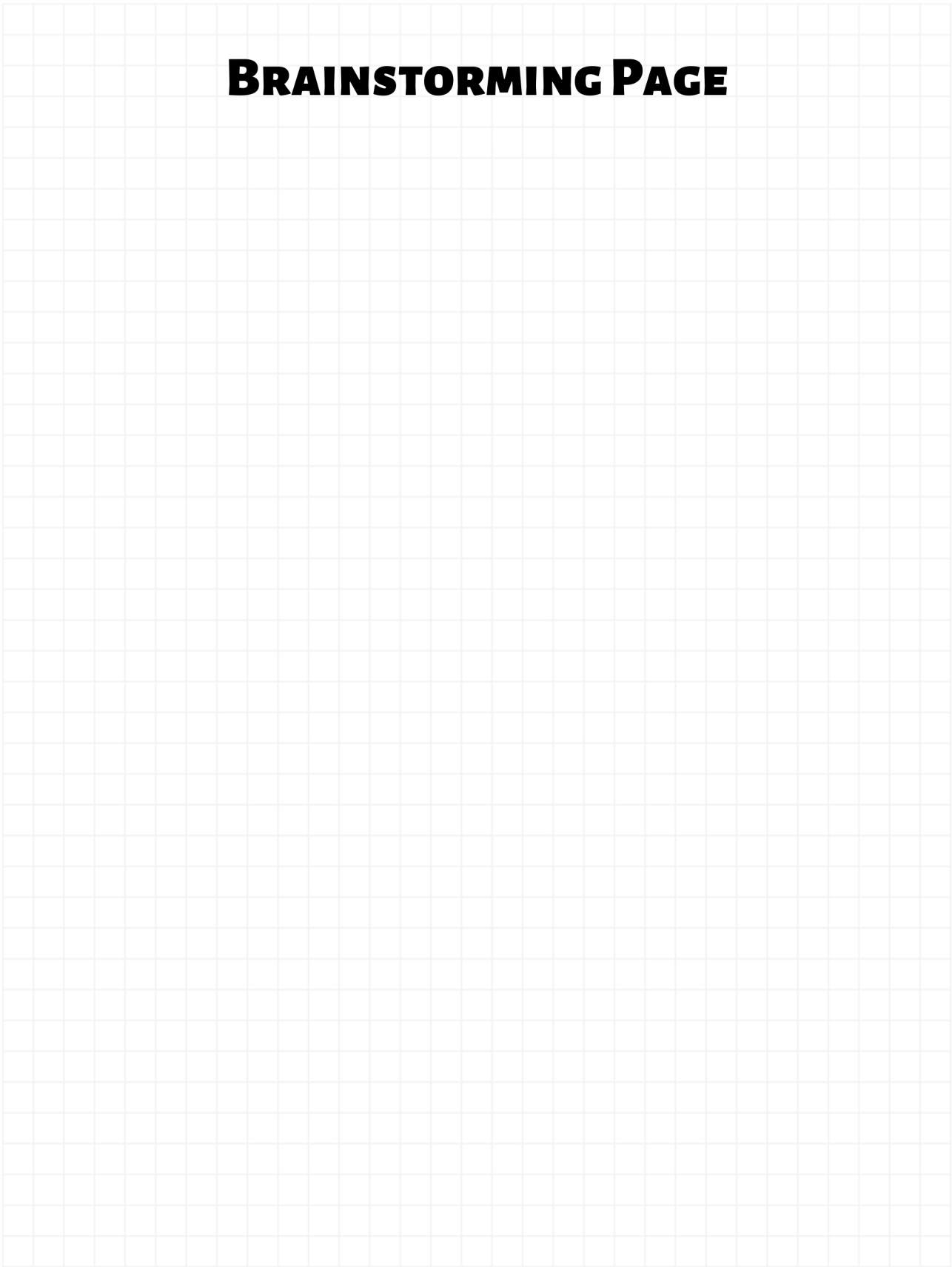




# **BRAINSTORMING PAGE**



# MILESTONES

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# MONTHLY GOALS

REMEMBER, YOU CAN DO ANYTHING, BUT NOT EVERYTHING.

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Four horizontal lines for goal description 1

Four horizontal lines for goal description 2

[Gray header box for goal section 3]

[Gray header box for goal section 4]

Four horizontal lines for goal description 3

Four horizontal lines for goal description 4

[Gray header box for goal section 5]

[Gray header box for goal section 6]

Four horizontal lines for goal description 5

Four horizontal lines for goal description 6

## HABITS TO GET ME THERE

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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# MONTHLY CHECK-IN

Goals I accomplished this month

What didn't get done & why

What would you have done differently?

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What did I do to take care of myself this month?

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