

THIS IS WHAT I AM

**blessed to be  
able to do this  
month!**

1

2

3

MONTH:

WHY ARE THESE GOALS IMPORTANT THIS MONTH?

TO REACH MY GOALS, I WILL DO THESE THREE THINGS:

1

2

3

I WILL KNOW I HAVE REACHED MY GOALS WHEN:

TWO THINGS THAT I WILL DO TO HELP ME OVERCOME RESISTANCE:

NEW RESISTANCE MET THIS MONTH: