

This *Month's* Momentum



Goal Planner

DATE:

MONTUEWEDTHUFRI SATSUN

THE GOAL:

ACCOUNTABILITY

DESCRIPTION

START: _____

FINISH: _____

MOTIVATION☐☐☐☐☐☐☐☐

ENDEAVOR☐☐☐☐☐☐☐☐

STIMULUS☐☐☐☐☐☐☐☐

CONCENTRATION☐☐☐☐☐☐☐☐

ENCOURAGEMENT☐☐☐☐☐☐☐☐

PURPOSE

THE CHALLENGES

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