

GOALS & VALUES JOURNAL



DATE

TAKE A MOMENT EACH DAY TO REFLECT ON THE THINGS YOU'RE THANKFUL FOR

HABIT/ENERGY I'M LEAVING BEHIND:

HABIT/ENERGY I'M INVITING IN:

WHO AND WHAT MATTERS TO ME - AND WHY?







MY CORE VALUES THIS SEASON

How I'll stay in track with my new intentions:

NOTES & FREE THOUGHTS