

# 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?



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MY CORE VALUES THIS SEASON

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

NOTES & FREE THOUGHTS