

DAILY GOALS

DATE:

MON TUE WED THU FRI SAT SUN

THE GOAL:

ACCOUNTABILITY

DESCRIPTION

START: _____

FINISH: _____

MOTIVATION ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

ENDEAVOR ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

STIMULUS ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

CONCENTRATION ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

ENCOURAGEMENT ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

PURPOSE

THE CHALLENGES

- _____
- _____
- _____

- _____
- _____
- _____

NOTES:

YOUR CELEBRATION: