

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: