

# I WILL SHOW MYSELF LOVE BY...

THE GOAL I HAVE FOR MY  
WELLBEING IS...

THINGS THAT I WOULD  
LIKE TO CHANGE

THINGS THAT I WOULD  
LIKE TO START DOING

COMPLETE THIS STATEMENT

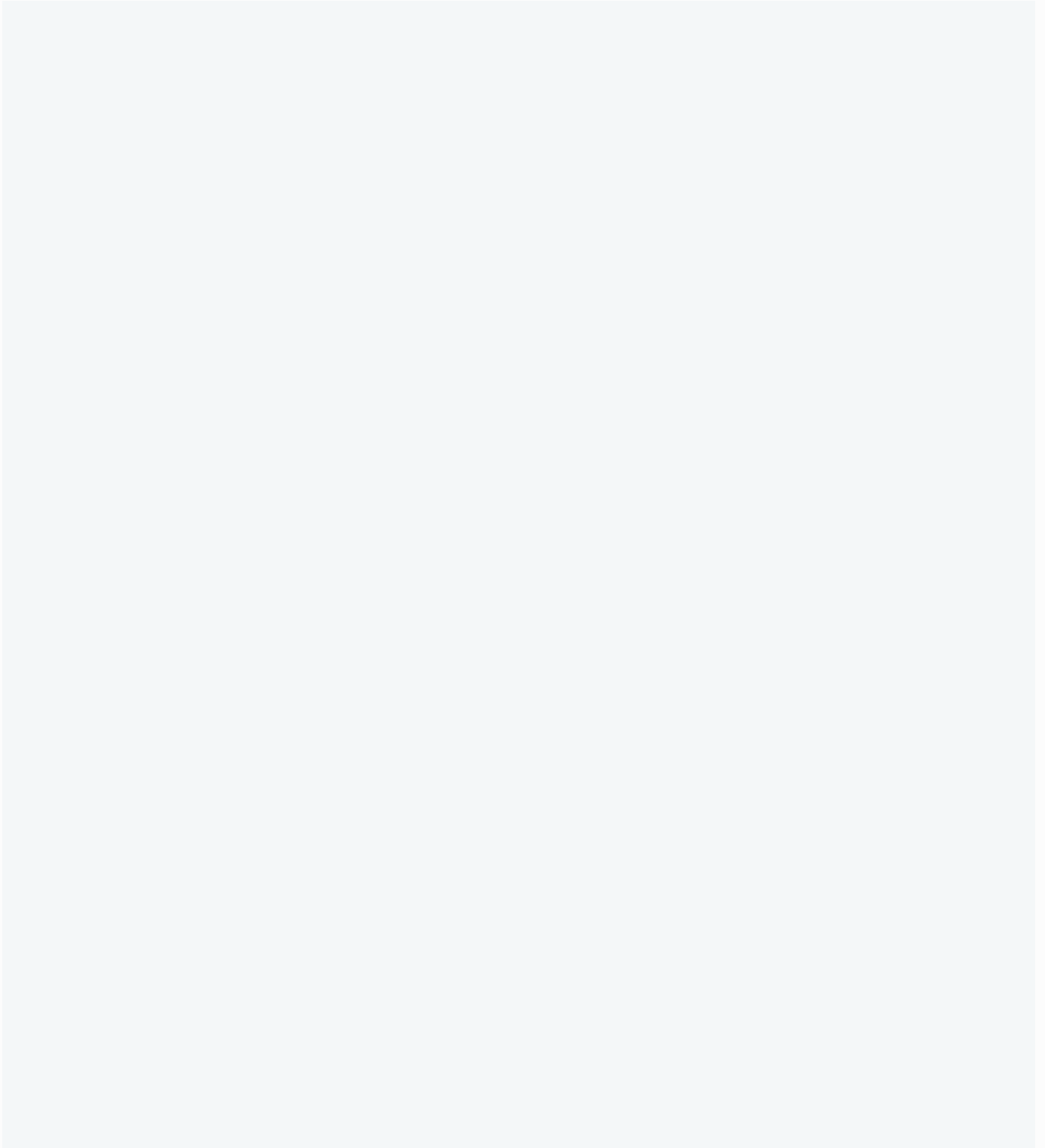
I WANT TO ACHIEVE...

SO THAT...

HINT: TAKE A PHOTO OF THIS AND MAKE IT THE BACKGROUND ON YOUR  
PHONE OR PUT THIS ON YOUR FRIDGE TO REMIND YOURSELF OF YOUR  
GOAL THE REASONS WHY YOUR GOAL IS IMPORTANT

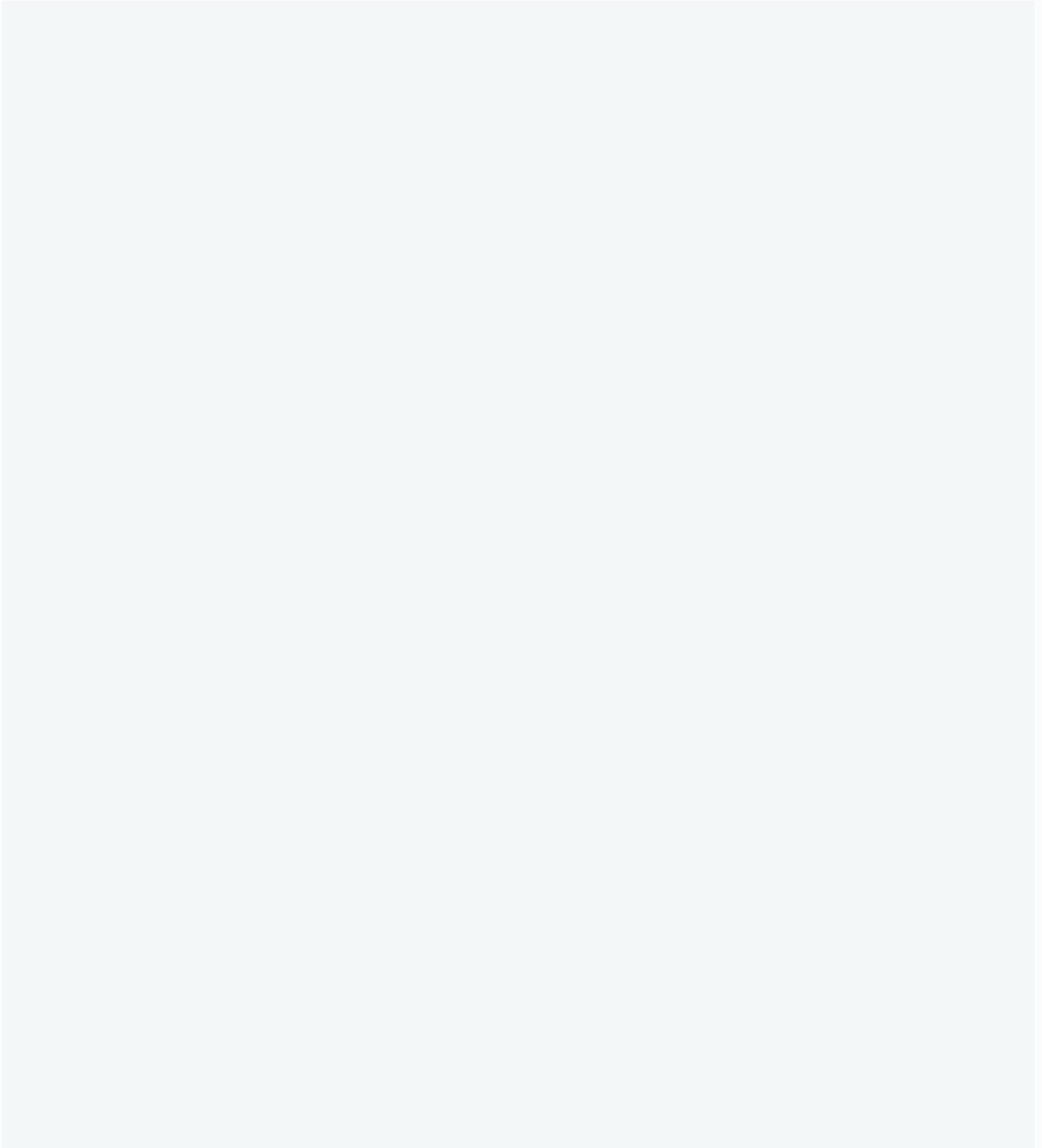
# MY PLAN FOR SUCCESS IS...

THIS IS WHAT I AM COMMITTED TO ACHIEVE MY  
SUCCESS



THIS IS HOW I WILL  
MEASURE MY SUCCESS...

THIS IS HOW YOU WILL NOTICE THAT YOUR PLAN IS  
WORKING



THIS IS HOW I WILL KEEP  
MYSELF ACCOUNTABLE...

THIS IS HOW I WILL KEEP MYSELF ON TRACK

