

the
2016
GOAL PLANNER

TAKE SMALL STEPS EVERY DAY

GOAL: _____
ACTION PLAN: _____

MY REWARD: _____

GOAL: _____
ACTION PLAN: _____

MY REWARD: _____

GOAL: _____
ACTION PLAN: _____

MY REWARD: _____

GOAL: _____
ACTION PLAN: _____

MY REWARD: _____

WHEN I FEEL LIKE GIVING UP, I WILL TELL MYSELF

LIVE. LAUGH. INSPIRE

DEERLYSTUDIO

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