

GOAL TRACKER

MY GOAL:

MY WHY:

START DATE:

ACHIEVE BY:

ACTION STEPS:

-
-
-
-
-
-
-
-

NOTES & IDEAS:

DAILY

MINDSET PRACTICE

MORNING

TODAY'S MANTRA:

.....
.....

LOOKING FORWARD TO:

.....
.....
.....

TO MAKE TODAY GREAT, I WILL:

.....
.....
.....

EVENING

I AM GRATEFUL FOR:

.....
.....

PEOPLE I APPRECIATE:

.....
.....
.....

THREE GOOD THINGS TODAY:

.....
.....
.....

OTHER THOUGHTS

MOMENT TO REMEMBER

FOOD JOURNAL

DATE	TIME	FOOD/DRINK	HOW MUCH	NOTES/ CIRCUMSTANCE