

It's A Win!

Think about something you would like to accomplish, a habit you would like to create, or a habit you would like to break. Set a goal for today, this week, and next week. What are some things that keep you from accomplishing your goal? Write down what to avoid doing and what you need to start doing. This does not have to be a big goal. Start small, if you would like. The goal is to feel a sense of accomplishment for doing something awesome! Celebrate the small wins!

Today:

What I need to avoid doing:

What I need to start doing:

- ☐ **It's a WIN! I did it!** Time to Celebrate!
- ☐ I fell short, but I'll try again!

This Week:

What I need to avoid doing:

What I need to start doing:

- ☐ **It's a WIN! I did it!** Time to Celebrate!
- ☐ I fell short, but I'll try again!

Next Week:

What I need to avoid doing:

What I need to start doing:

- ☐ **It's a WIN! I did it!** Time to Celebrate!
- ☐ I fell short, but I'll try again!