

## Making and Achieving Goals

Mark off a number for each day you accomplish your goal. If you miss a day, start over. When you have successfully completed 21 days in a row your goal will have become a good habit. The spaces above each column are for the days of the week. Start with the 1st day of your goal. Ex: If you start your goal on Thurs then put the letter H above the 1, F above the 2, etc: (H, F, S, S, M, T, W)

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By Rachel Woods, LDS Guide  
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