

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 (S M T W H F S) to help you keep track of each day you've marked your goal. Start with the first day of your goal. For example if you start your goal on a Thursday then put the letter H above the 1, F above the 2, etc.

Goal: _____ 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21	Goal: _____ 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21	Goal: _____ 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21
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