



MY GOAL

JOURNAL

A 30 day journaling challenge for personal growth.

SUGGESTED GOAL PAIRINGS: Daily Gratitude Photos - Daily Meditation

PROGRESS: For each day you complete your journal entry, color in the box.

30 DAY JOURNAL CHALLENGE

Things that make me special:	My short term career goals:
I am thankful for:	My long term personal goals:
Lifetime Bucket List:	My short term personal goals:
Things I've done:	People who inspire me:
My favorite memories:	Actions I will take toward my goals:
Favorite quotes:	What will life be in 5 years:
What I believe about life:	Fun things to do with my family:
Favorite scriptures:	Fun things to do with my friends:
Affirmations and declarations:	Fun things to do just for me:
Successes and accomplishments:	10 things I must start doing to be happy:
Things I love about me:	10 things I must stop doing to be happy:
Things that make me happy:	10 things I must start to be successful:
My dream job:	10 things I must stop to be successful:
A perfect day of life:	Favorite family traditions:
My long term career goals:	How I want to be remembered: