



MY GOAL

**DO 1 THING YOU'VE BEEN
PUTTING OFF** Just do it. Make it
happen this month.

SUGGESTED GOAL PAIRINGS: Daily Time Block - Daily Checklist

PROGRESS: Make a list of 4 things you've been putting off and tackle one each week. Color in the box when complete.

A graphic of a clipboard with a green top and two black binder rings. The main body of the clipboard is a table with a grey border. The table has five rows and two columns. The first column is narrow, and the second column is wide. The cells are empty, intended for users to write their goals and track their progress.
