

Journal Pages

Positive thoughts that accompany action

--Stay focus by creating one goal. An achievable goal that you KNOW you can complete.

Ex: Knowing you need to clean up in your home before you throw a party. You write down a list of things you feel you need. Then you focus on one goal at a time that you know you can finish, so it could be a list of food, music, and party favors. Remember, even if you only were able to complete one thing, the goal is to build up the ability to accomplish all three tasks and eventually add more things.



Thank you for downloading my journal pages!

Monthly Goal

date: _____

I want _____

I can _____

I will _____



POSITIVE
—Masterminds—

Weekly GOAL

I want _____

I can _____

I will _____

Weekly Goal

I want _____

I can _____

I will _____

Weekly Goal

I want _____

I can _____

I will _____

Weekly Goal

I want _____

I can _____

I will _____



Daily Goal

Today I will do these three things:

1. _____

2. _____

3. _____

What can I do to reach my goal for next week?

