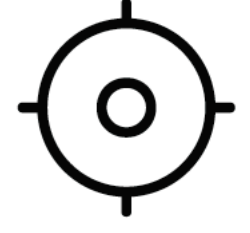


GOAL SETTING 2022:

Outcome



What outcome do I want to achieve?

-
-
-
-
-
-
-

Why



What do I stand to gain?
(Pleasure)

What do I stand to lose?
(Pain)

Action



What actions are required?

- 1
- 2
- 3
- 4
- 5
- 6

Habit streak (tick each day you complete something that helps you achieve your goal)

Affirmation (say it daily)

"I am so happy and grateful that I _____"
