

DAILY GOALS

DATE:

MON

TUE

WED

THU

FRI

SAT

SUN

THE GOAL:

ACCOUNTABILITY

DESCRIPTION

START: _____

FINISH: _____

MOTIVATION

ENDEAVOR

STIMULUS

CONCENTRATION

ENCOURAGEMENT

PURPOSE

THE CHALLENGES

- _____
- _____
- _____

- _____
- _____
- _____

NOTES:

YOUR CELEBRATION: