

Goal Planning

Date / Time

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None of the Above

Goal:

Why it's meaningful:

How:

Monthly Steps:

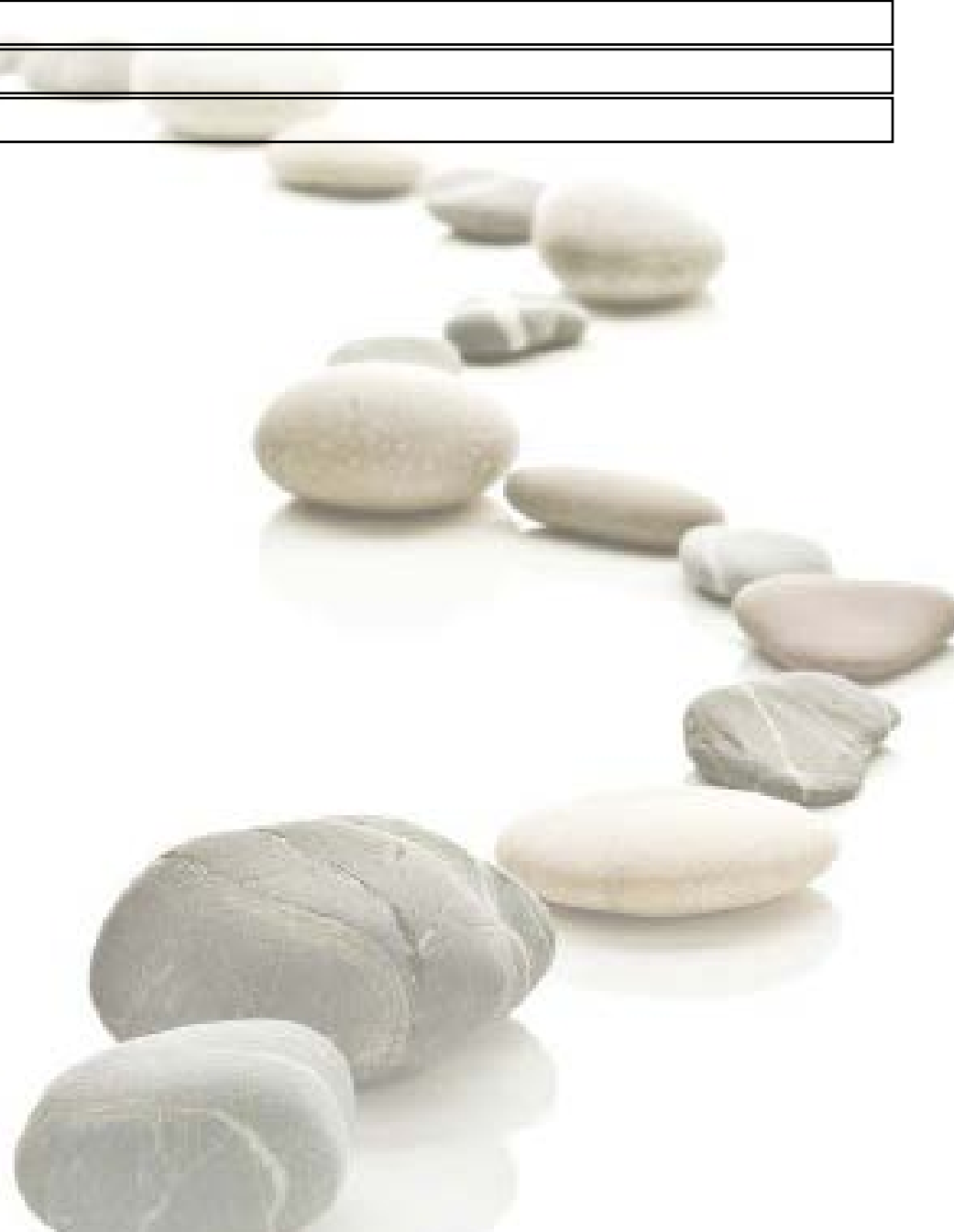
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Goal Planning

Daily Steps:

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