

# 90 DAY GOAL TRACKER MONTHS:

## AFFIRMATIONS

1.

Rate your belief in affirmation: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

2.

Rate your belief in affirmation: Never 0 Rare 1 Sometimes 2 Often 3 All the time 4

THIS QUARTER I COMMIT TO ONE OBJECTIVE/GOAL OF...

WHAT ARE MY THREE MONTHLY GOALS?

1.

2.

3.

GOALS REACHED

1. Yes Work in Progress

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2. Yes Work in Progress

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3. Yes Work in Progress

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WHAT I AM LOOKING FORWARD TO

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