

# MONTHLY GOAL TRACKER

## MONTH:

### 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 MONTH I COMMIT TO...

1.

2.

3.

4.

### GOALS REACHED

1. Yes Work in Progress

2. Yes Work in Progress

3. Yes Work in Progress

4. Yes Work in Progress

### SHARED MONTHLY SUCCESS & STRUGGLE WITH SUPPORTS

Date:

Who:

What did you share:

Feedback:

### WHAT I AM LOOKING FORWARD TO

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