



## **What I Accomplished Today!**

**Today I took the time to stay dedicated to my DREAMs!**

**I stayed focused and accomplished my goals!**

**I am proud of the work I have done!**



Today, I upheld my DREAMs by accomplishing:

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I have had time to Reassess, Reset and Rewire. Changes that I see necessary to make are..

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How will I apply what I learned to my life. .

Tomorrow?

In a week?

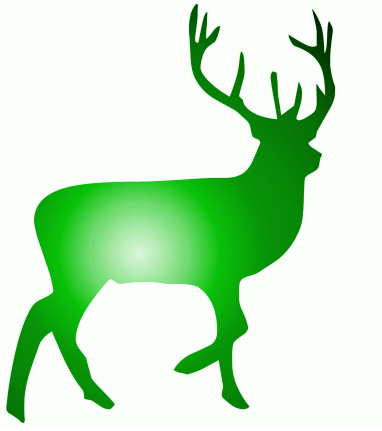
In a month?

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**What I Accomplished Today!**



**Tomorrow I will continue to focus on my DREAMs!**

**I will build healthy habits to improve my life!**

**I will stay dedicated to goals!**



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What are my goals for this upcoming week? What do I need to do to achieve these goals?

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How will I stay motivated and dedicated to those goals?

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