

# monthly goals

MONTH: \_\_\_\_\_

YEAR: \_\_\_\_\_

MY FOCUS THIS MONTH IS...

- ☐ PERSONAL/FAMILY
- ☐ HEALTH
- ☐ FINANCIAL
- ☐ PROFESSIONAL

1

GOAL

2

GOAL

3

GOAL

STEPS / ACTIONS

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STEPS / ACTIONS

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STEPS / ACTIONS

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