

Monthly Goals & Focus Page

Three goals, the steps under each, and the habits that support them.

MONTH

ONE WORD FOR THIS MONTH

Goal one

GOAL

STEPS

☐

☐

☐

Goal two

GOAL

STEPS

☐

☐

☐

Goal three

GOAL

STEPS

☐

☐

Habits that support these goals

☐

☐

☐

☐

☐

☐