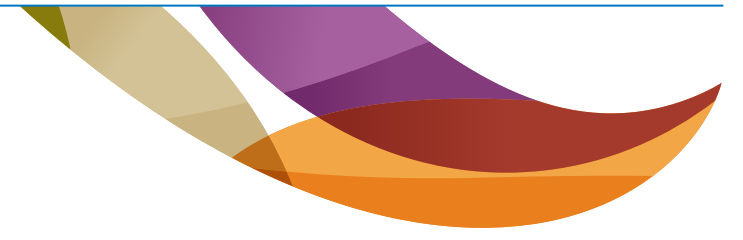


# Your goal reminder

Write down your goal, your inspiration and how completing your goal would make you feel.

**Then put it up on the fridge, your notice board or somewhere you see every day to help you keep it at the forefront of your mind.**



My Goal is...



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I'm aiming to complete my goal by...



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My inspiration is...



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Completing my goal would make me feel...



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## Break your goal down in steps

I would like to achieve...

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By this date...

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Completed

Completed

Completed

Completed