

Date: / /

Money Goal:

LONG TERM GOALS

SHORT TERM GOALS

- | | | |
|----|----|------------|
| 1. | 1. | this year |
| 2. | 2. | this month |
| 3. | 3. | this week |

Today I will joyfully tick these important activities off my list!

- ☐ 1.
- ☐ 2.
- ☐ 3.

#MYDAILYTREATS



- ☐ Thanks. _____
Give Gratitude
- ☐ Reward. _____
Celebrate!
- ☐ Email _____
Contain it
- ☐ Activity. _____
Play! Exercise!
- ☐ Time. _____
My Work Day
- ☐ Space. _____
Meditate

Breakfast. _____

Lunch. _____

Dinner. _____

Snacks. _____

Cross off the icon once you've posted / checked / commented 13 per day!



Cross off the icon for each glass of water you drink



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