

Date: / /

Money Goal:

LONG TERM GOALS

1.

2.

3.

SHORT TERM GOALS

1.

this year

2.

this month

3.

this week

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

☐ 1.

☐ 2.

☐ 3.

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#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 [3 per day]



Cross off the icon for each glass of water you drink

