

MonthlyGoals

Month: _____

TO LIVE WELL IS TO BE WELL.

<p><i>Intentions for the month:</i></p> <p>✦ WHAT DO I WANT TO FOCUS ON THIS MONTH?</p> <p>✦ HOW DO I WANT TO FEEL THIS MONTH?</p>	
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<p><i>Goal Categories</i></p> <p>PERSONAL GROWTH</p> <p>1. _____</p> <p>2. _____</p> <p>HEALTH & WELLNESS</p> <p>1. _____</p> <p>2. _____</p> <p>RELATIONSHIPS</p> <p>1. _____</p> <p>2. _____</p> <p>CAREER/ACADEMIC</p> <p>1. _____</p> <p>2. _____</p>	<p><i>Action Steps</i></p> <p>FOR EACH GOAL, LIST SPECIFIC ACTION STEPS TO ACHIEVE THEM.</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
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TO LIVE WELL.