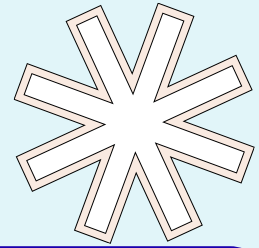
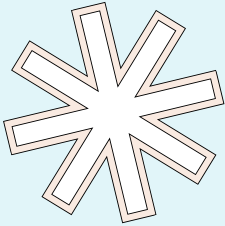


July

# GOAL SETTING WORKSHEET

## PART 1 - REFLECT



What wellness goal(s) did I set earlier this year?

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What's been working well for me?

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What's been challenging or inconsistent?

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How do I want to feel by the end of July?

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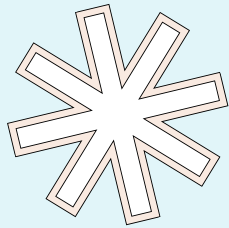
What are my wins for the first half of the year?

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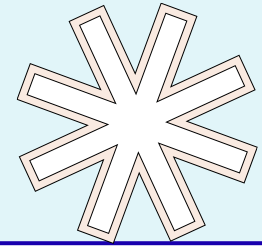
July

# GOAL SETTING WORKSHEET

## PART 2 - GOAL SET



Choose 1-2 habits that align with your current lifestyle and summer schedule. Keep them realistic, fun, and flexible.

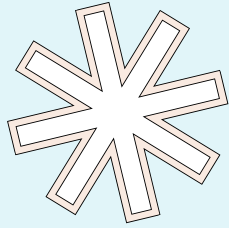


	GOAL	HABIT OR FOCUS AREA	WHY IT MATTERS TO ME	ACTION I WILL TAKE THIS WEEK

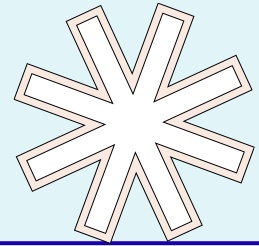
July

# GOAL SETTING WORKSHEET

## PART 3 - CHECK IN



Use this space to reflect weekly or jot down what's working.

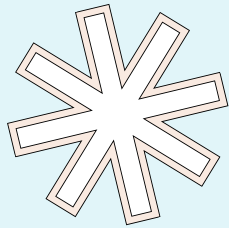


WEEK	WINS THIS WEEK	WHAT I'LL TRY OR TWEAK THIS WEEK
1		
2		
3		
4		
5		

July

# GOAL SETTING WORKSHEET

## PART 4 - WORDS TO KEEP ME GOING



Write a mantra, word, or quote for the month to keep you progressing towards your goals. Repeat your mantra every time you need to be grounded and centered!

