

REFLECTIONS &
Resolutions

2023

Goal Summary

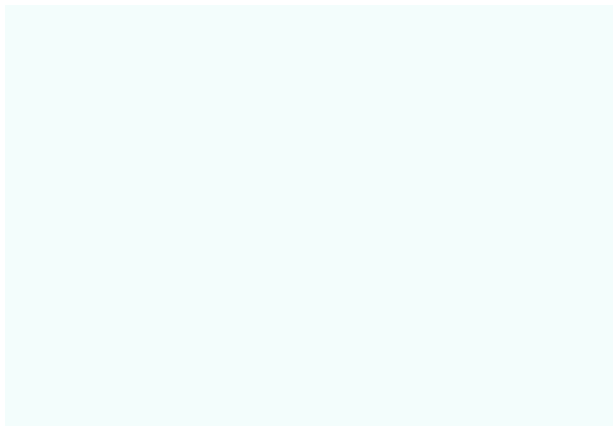
THIS YEAR'S WINS

What are you grateful for this year?

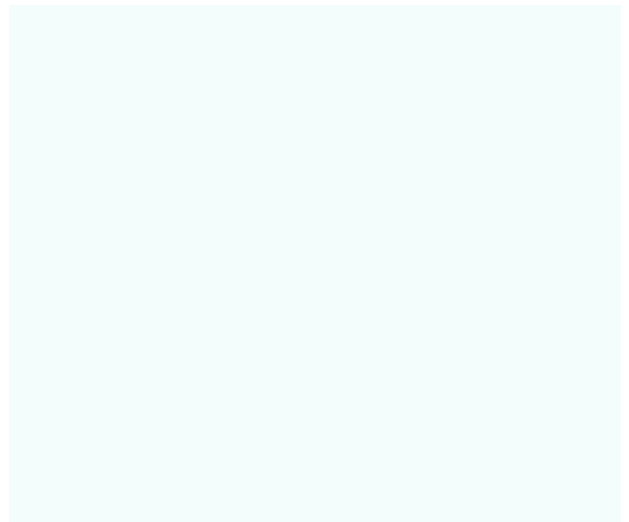
2023

Reflection

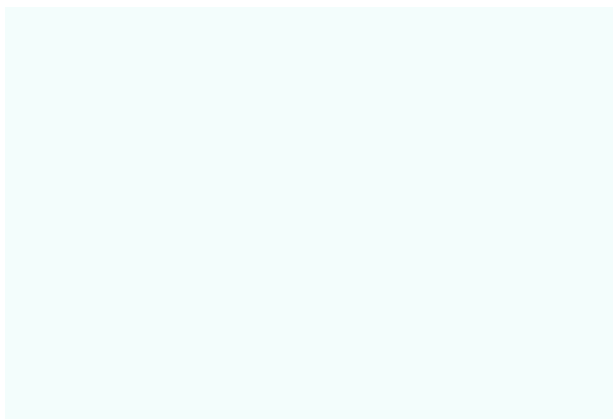
What are your top wins for 2023?



What are the lessons you learnt?



What are the habits you successfully quit?



Drop a quote that sums the year

”

2024

Resolutions

BIG GOALS

SMALL GOALS

BIG GOAL # _____

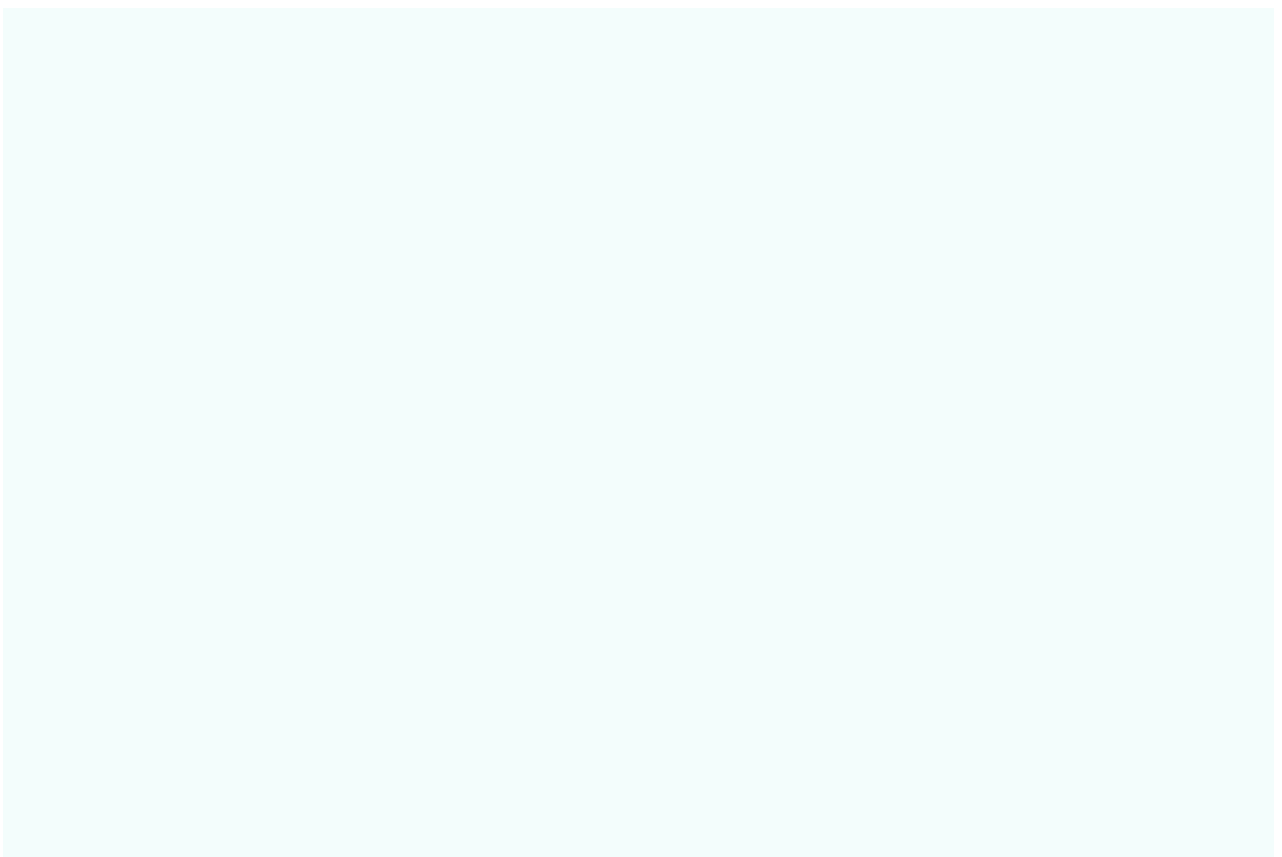
Start Date

End Date

Reflection

In words

In picture



BIG GOAL # _____

Start Date

End Date

Reflection

In words

In picture



BIG GOAL # _____

Start Date

End Date

Reflection

In words

In picture



BIG GOAL # _____

Start Date

End Date

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In picture



WEEKLY

Action Steps

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

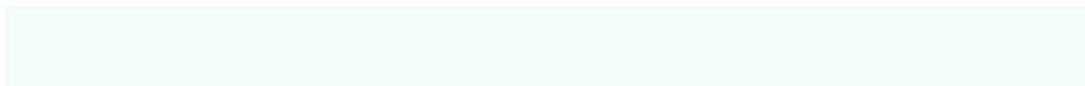
FRIDAY

Rest on Weekends

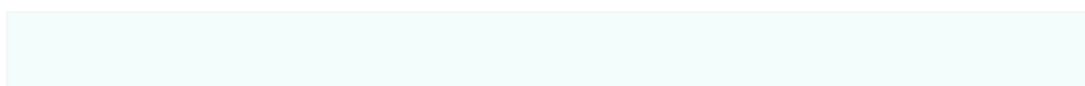
DAILY

Approach

6:00

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7:00

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8:00

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9:00

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10:00

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11:00

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12:00

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1:00

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2:00

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3:00

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4:00

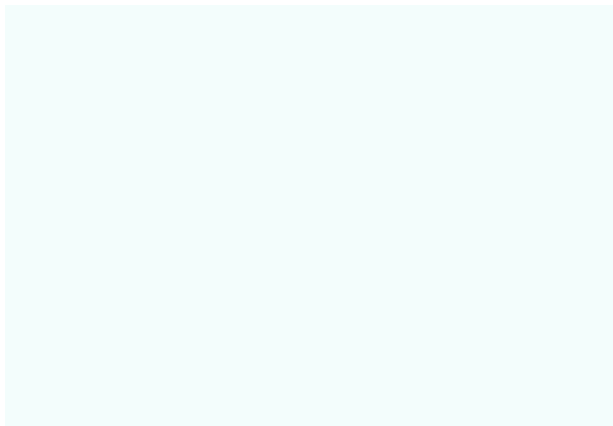
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5:00

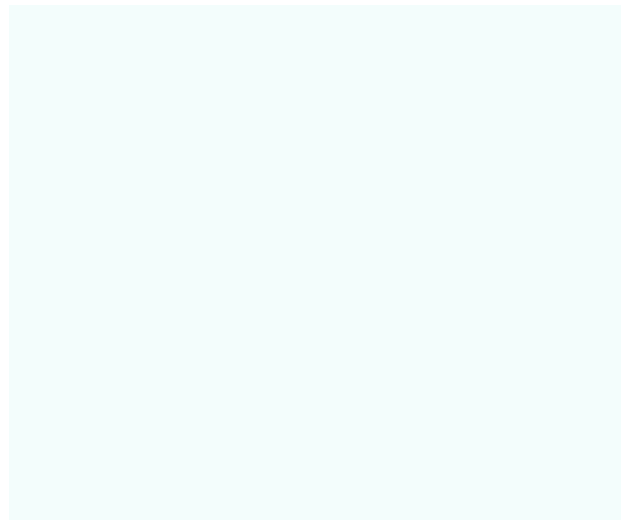
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MONTHLY *Evaluation*

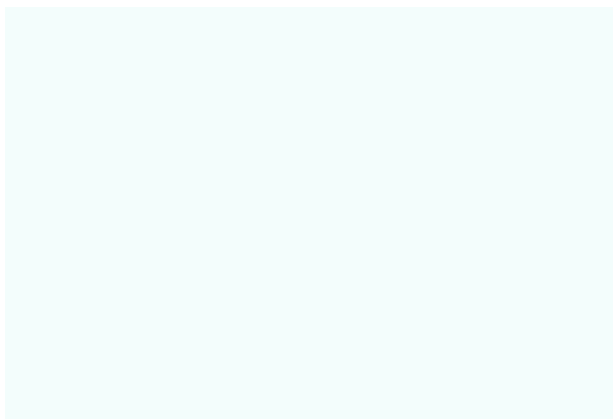
What you're proud of this month



Notes for your next goal



What you could've done better



Drop a quote that sums this goal up

”

SMALL GOAL # _____

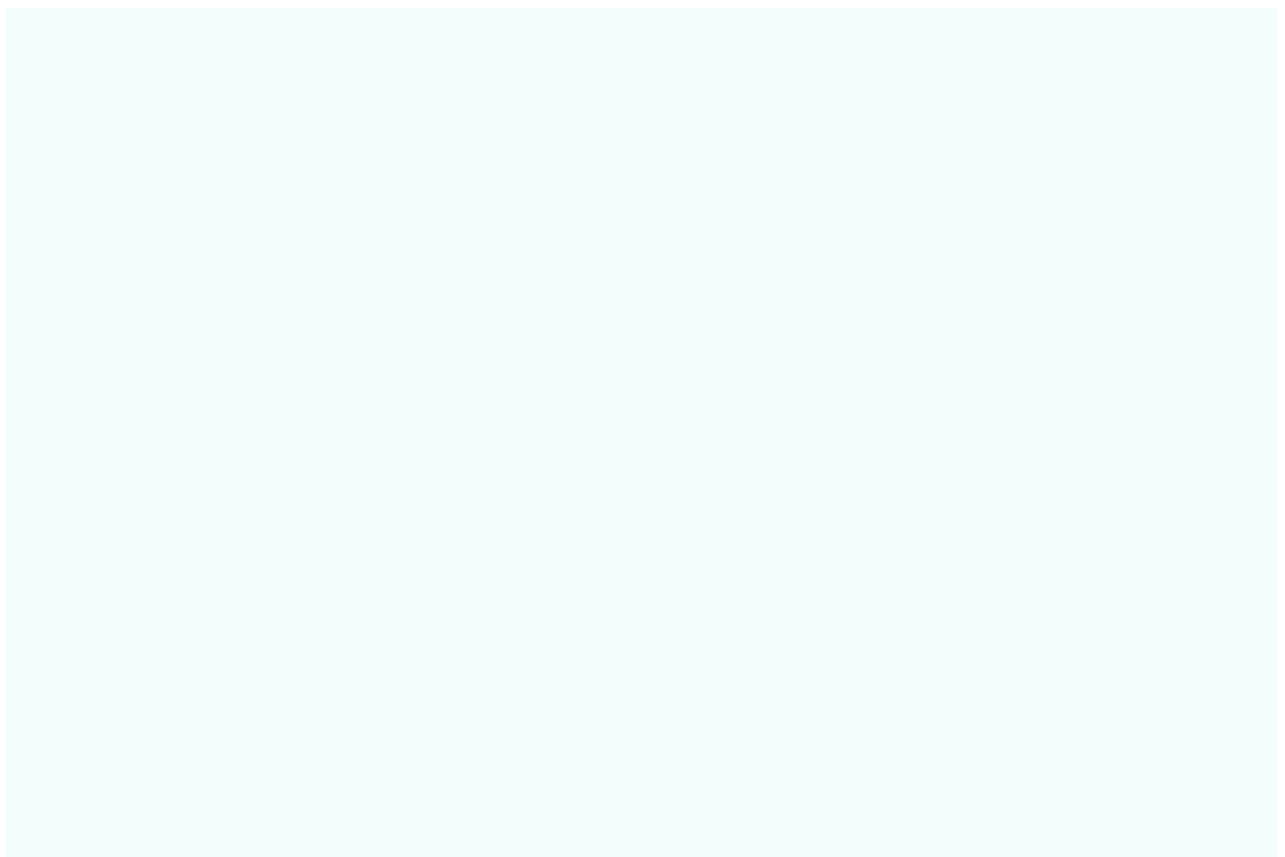
Start Date

End Date

Reflection

In words _____

In picture



SMALL GOAL # _____

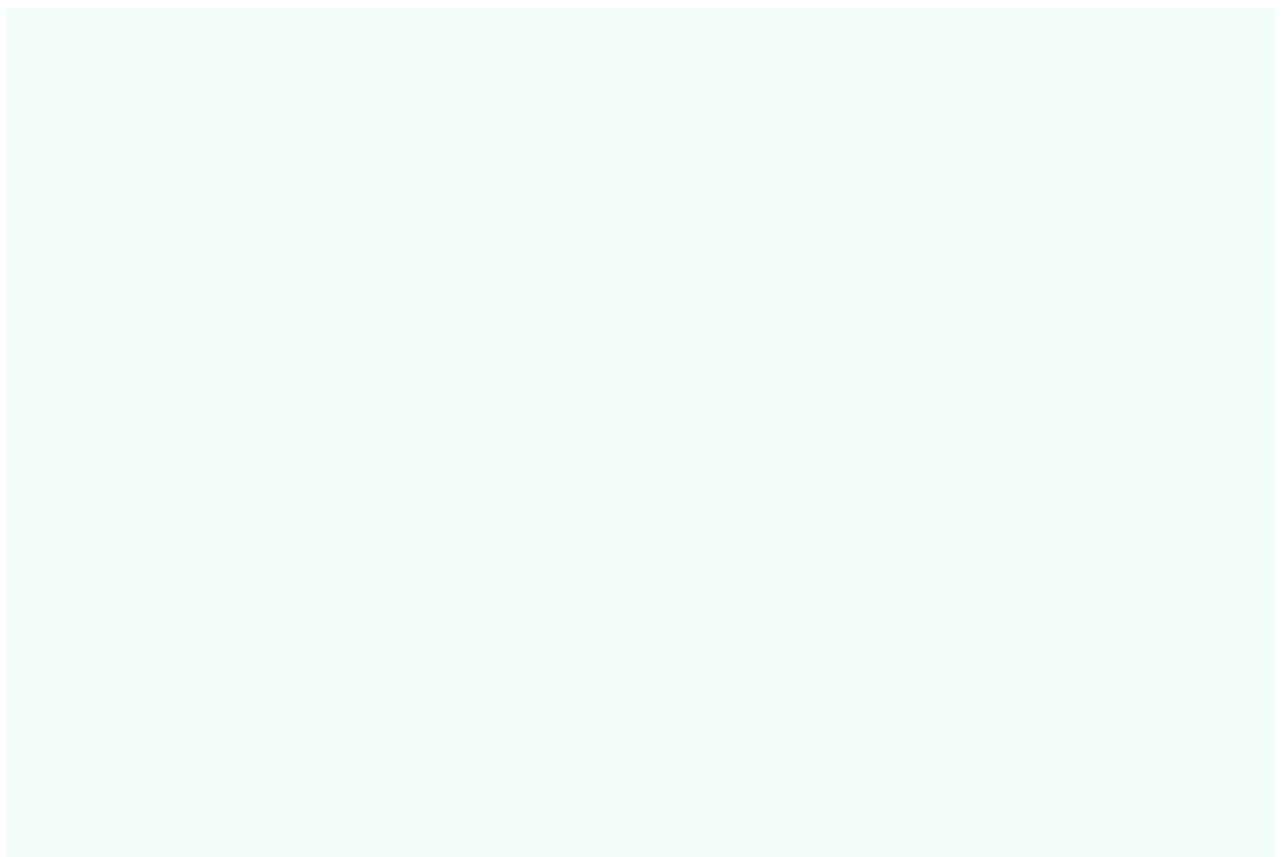
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End Date _____

Reflection

In words _____

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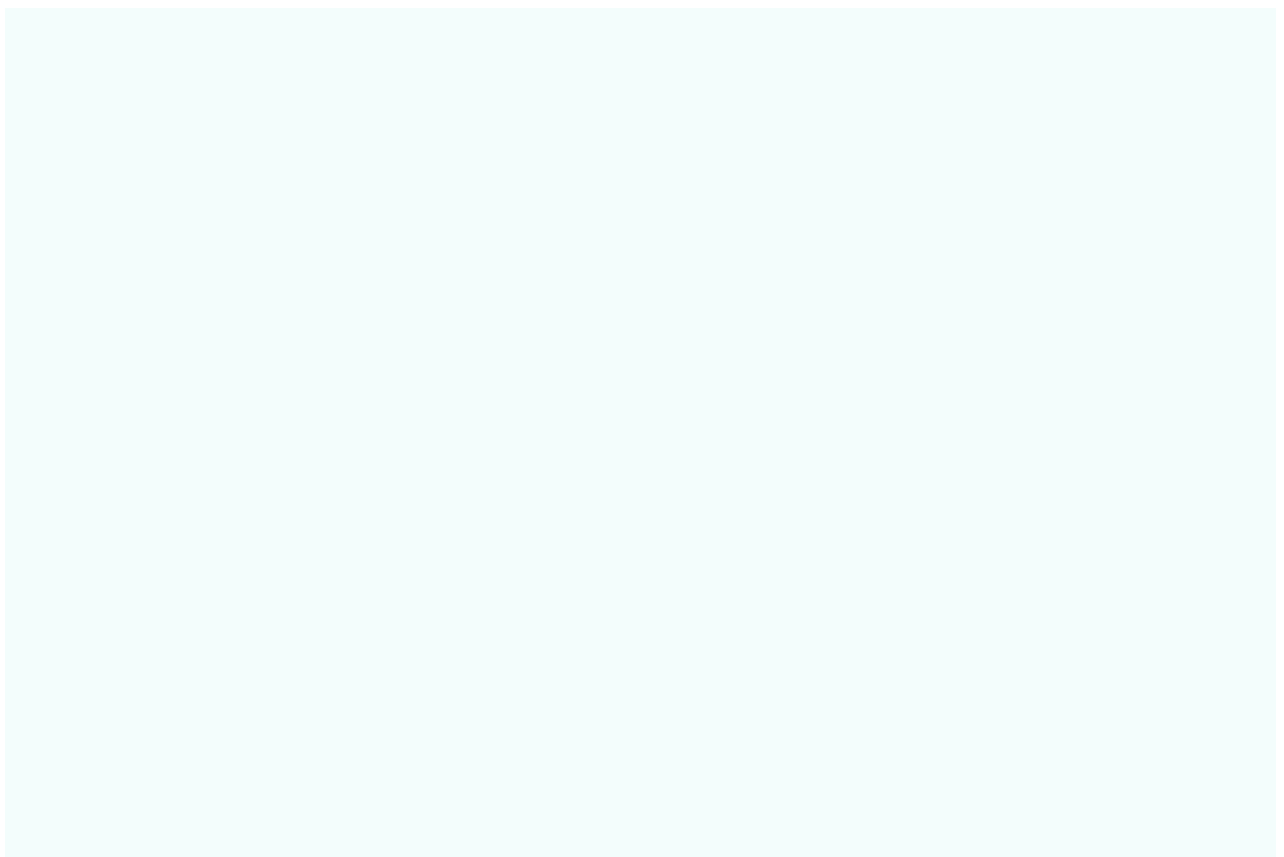
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TUESDAY

WEDNESDAY

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FRIDAY

Rest on Weekends

DAILY

Approach

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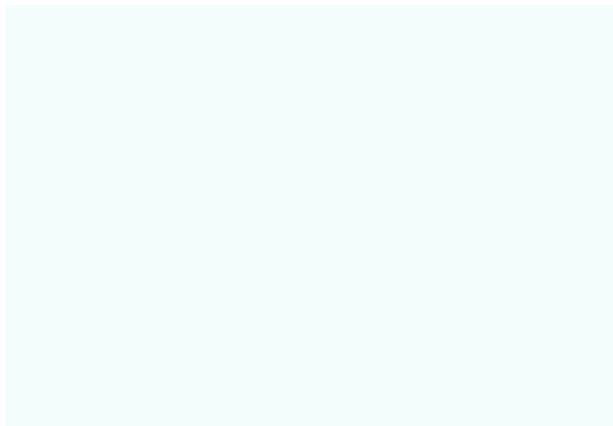
3:00

4:00

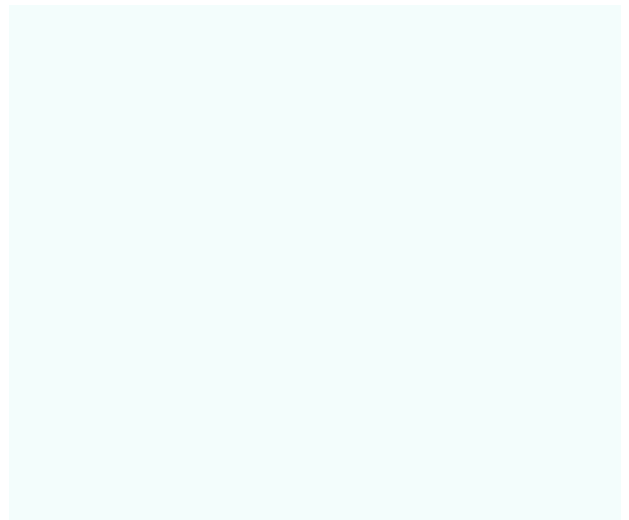
5:00

MONTHLY *Evaluation*

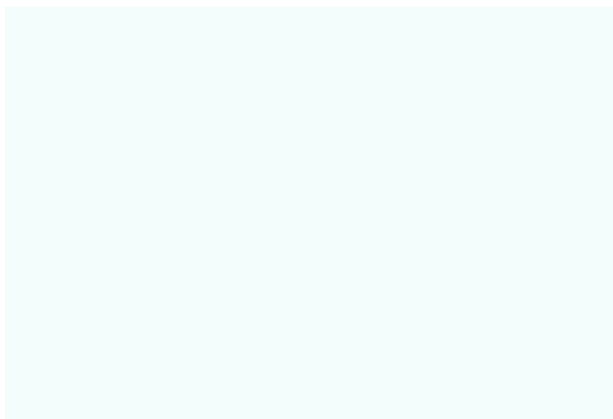
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