

JOURNAL SHEET

TODAY'S DATE: _____

WHAT 3 GOALS EACH MONTH, FOR THE NEXT 3 MONTHS,
WILL POSITIVELY IMPACT MY SELF CONFIDENCE,
SELF-BELIEF AND SELF TRUST?

MONTH 1

GOAL 1:

GOAL 2:

GOAL 3:

MONTH 2

GOAL 1:

GOAL 2:

GOAL 3:

MONTH 3

GOAL 1:

GOAL 2:

GOAL 3: