



COMMIT YOURSELF TO A NEW YOU
LET YOUR JOURNEY BEGIN...

START DATE: _____

MY ULTIMATE GOAL:

5 WAYS I AM GOING TO ACHIEVE MY GOAL:

- ▶
- ▶
- ▶
- ▶

- ▶

MY 4 WEEK MINI GOAL:



I WANT TO FEEL:

EVERY 4 WEEKS, RE-EVALUATE AND SET UP YOUR NEXT MINI GOAL,
MOVING CLOSER TOWARDS YOUR ULTIMATE GOAL!

SIGNATURE: _____

DATE: _____

Never mind what others do; do better than yourself, beat your own record from day to day, and you are a success.~ William J.H. Boetcker