

7 Days to Motivation

MONDAY

2 things you're going to do to start fresh

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TUESDAY

Why do you really want this?

How will achieving this make you feel?

How will it affect your life?

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WEDNESDAY

3 habits you would like to build

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THURSDAY

- ☐ Read a success story
- ☐ Join a community
- ☐ Reach out to a friend

- ☐ Follow an inspirational social media account
- ☐ Watch or listen to a motivational speech

FRIDAY

Get inspired - Create a vision board

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SATURDAY

Are your goals S.M.A.R.T (Specific, Measurable, Attainable, Relevant, Timely)

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SUNDAY

Focus on your progress and keep going

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