



MONTHLY GOALS

MONTH: _____

GOAL 1

GOAL 2

GOAL 3

HOW WILL I GET THERE?

HOW WILL I GET THERE?

HOW WILL I GET THERE?

WHY IS THIS GOAL IMPORTANT TO ME?

WHY IS THIS GOAL IMPORTANT TO ME?

WHY IS THIS GOAL IMPORTANT TO ME?

HOW DO MY GOALS THIS MONTH CONTRIBUTE TO MY LONGER TERM GOALS?

SOMETHING NEW I WILL TRY THIS MONTH...

SOMETHING I WOULD LIKE TO AVOID THIS MONTH...

MOTIVATIONAL WORDS TO MYSELF THIS MONTH...

HALF MONTHLY CHECK IN

HOW DO I FEEL SO FAR THIS MONTH?

AM I ON TRACK TO ACHIEVE MY GOALS?

YES → WELL DONE! KEEP IT UP!

NO → KEEP GOING GIRL! REMEMBER ANY EFFORT TO REACH YOUR GOAL IS STILL PROGRESS! YOU'VE GOT THIS!

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IS THERE ANYTHING I COULD CHANGE FOR THE REMAINDER OF THE MONTH TO HELP REACH MY GOALS?



MONTHLY GOALS

MONTH: **March**

GOAL 1
Complete this month's NRF challenge.

GOAL 2
Run 1 mile without stopping.

GOAL 3
Read a whole book this month.

HOW WILL I GET THERE?
Pick an accountability partner and complete it first thing in the morning.

HOW WILL I GET THERE?
Start small and work my way up to the mile mark. Have a great playlist to keep me motivated.

HOW WILL I GET THERE?
Set aside half an hour everyday for my reading.

WHY IS THIS GOAL IMPORTANT TO ME?
I haven't yet completed a monthly challenge and I enjoy being part of the group!

WHY IS THIS GOAL IMPORTANT TO ME?
I enjoy running but after an injury I have lost my confidence with it so I would like that back.

WHY IS THIS GOAL IMPORTANT TO ME?
In my busy day it is important to have down time and this forces me to chill out.

HOW DO MY GOALS THIS MONTH CONTRIBUTE TO MY LONGER TERM GOALS?
Goal 1 & 2 help me towards my long term fitness goals and goal 3 encourages the balance I want to find in my lifestyle.

SOMETHING NEW I WILL TRY THIS MONTH...
I am going to try working out in the morning rather than the evening.

SOMETHING I WOULD LIKE TO AVOID THIS MONTH...
Scrolling through social media!

MOTIVATIONAL WORDS TO MYSELF THIS MONTH...
You have got this! Focus your time on YOU and watch YOU grow!

HALF MONTHLY CHECK IN

HOW DO I FEEL SO FAR THIS MONTH?
I feel a bit harrassed this month as work has been really busy so I don't feel I am achieving the work / life balance that I would like to.

AM I ON TRACK TO ACHIEVE MY GOALS?

YES → WELL DONE! KEEP IT UP!

NO → KEEP GOING GIRL! REMEMBER ANY EFFORT TO REACH YOUR GOAL IS STILL PROGRESS! YOU'VE GOT THIS!

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IS THERE ANYTHING I COULD CHANGE FOR THE REMAINDER OF THE MONTH TO HELP REACH MY GOALS?

I need to set a time that I put my work away and focus on me. When it gets to that time, I have to put my work away and start my evening on me!