

goals setting

@INSIDEOUTWITHKRIS

WHY ARE MY GOALS
A PRIORITY?

Large empty rectangular area for writing answers to the question "WHY ARE MY GOALS A PRIORITY?".

NOURISHMENT

Empty rectangular area for notes under the "NOURISHMENT" header.

MOVEMENT

Empty rectangular area for notes under the "MOVEMENT" header.

MINDSET

Empty rectangular area for notes under the "MINDSET" header.

WEEKLY CHECK IN

WHAT DID I RESIST THIS WEEK?
DID I CREATE SPACE AND TIME FOR THIS GOAL?
HOW CAN I HOLD MYSELF ACCOUNTABLE TO THIS GOAL NEXT WEEK?
WHAT COULD I DO LESS OF IN MY DAY TO REACH MY GOAL?

NEVER A FAILURE, ALWAYS A LESSON.
BE KIND TO YOURSELF.
YOU GOT THIS BABE
KRIS X