



Goals & Gratitude

DATE

MY 'BIG' GOAL:

.....

MY 'SMALLER' GOAL(S):

.....

.....

Take some time to think about what it would feel like and be like when you have achieved your goals and complete the following affirmations.

I AM

I can

I have

I always

I desire

I choose

I enjoy

I love

I create

I'm allowed

Take time out each day and repeat these affirmations and spend 2 minutes really feeling that you have achieved what you want.

I am grateful for:

.....

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