

The Joyful Journey

GOAL			
Start Date		End Date	
Waist Size		Weight	

1	2	3	4	5	6	7	8	9	10	
11	12	13	14	15	16	17	18	19	20	
21	22	23	24	25	26	27	28	29	30	
31	32	33	34	35	36	37	38	39	40	
41	42	43	44	45	46	47	48	49	50	
51	52	53	54	55	56	57	58	59	60	
61	62	63	64	65	66	67	68	69	70	
71	72	73	74	75	76	77	78	79	80	
81	82	83	84	85	86	87	88	89	90	

What did you learn?

AS YOU BEGIN...Describe your goal. What do you want to happen during this time? What are your hopes and dreams? What do you want to accomplish. It can be more than one thing. Be as clear and specific as you can. List up to three things.

How's it going? What's getting accomplished and what do you need to do to keep going?

Weeks 1 & 2	
Weeks 3 & 4	
Weeks 5 & 6	
Weeks 7 & 8	
Week 9	

Now that you've completed, what did you accomplish? What are you celebrating.

What didn't work at all or what got in your way?

What do you want MORE of?	What do you want LESS of?
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What ACTIONS will you take to cement that learning? (Look at your MORE and your LESS) Be Specific!

