

daily goal chart

DATE : _____

GOALS

HEALTHY MIND

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- THINK POSITIVE THOUGHTS
 - + STOP TELLING YOURSELF YOU'RE FAT, UNATTRACTIVE, UNINTELLIGENT, ETC.
 - + START TELLING YOURSELF YOU'RE BEAUTIFUL, WORTHY, & CAPABLE.
 - + DON'T ALLOW YOURSELF TO BE JEALOUS OF OTHERS.
- READ A BOOK - OR TWO
- TURN OFF ELECTRONICS 30 MINUTES BEFORE BED
- WRITE DOWN WORDS YOU HEAR & DON'T KNOW, LOOK THEM UP & MEMORIZE THEM
- SPEND A WEEK WITHOUT ELECTRONICS THIS SUMMER
- DO SOMETHING CREATIVE EACH DAY

HEALTHY ENVIRONMENT

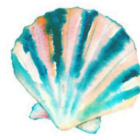
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- REMOVE YOURSELF FROM NEGATIVE SITUATIONS
- KEEP YOUR LIVING ENVIRONMENT CLEAN & ORGANIZED

HEALTHY BODY

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- SPEND AN HOUR+ OUTSIDE EACH DAY
- DO SOMETHING ACTIVE FOR AN HOUR EVERY DAY
- WORKOUT WITHOUT MAKEUP ON
- AIM FOR 2+ DAYS WITHOUT MAKEUP
 - ○
- LESSEN THE BAD CARBS
 - + LIMIT PASTA TO ONCE A WEEK
 - ○ + LIMIT BREAD TO TWICE A WEEK
- NO MORE FRAPPUCCINOS
- EAT RAW GREENS & VEGGIES 5X A WEEK
 - ○ ○ ○ ○
- EAT MORE CLEAN PROTEIN (QUINOA, ALMONDS, FISH, LENTILS)
- EAT LESS PROCESSED FOOD
 - + CUT WHAT YOU'RE CURRENTLY EATING IN HALF, REPLACE WITH FRESH FOOD



AND REMEMBER:
anything is possible!