

Goal Setting Planner

My Big 4

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What's Your Why?

My Monthly Goals

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My Weekly Goals

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My Weekly Tasks

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Time for Me!

Having a successful business can take a heavy toll on your mind, your body and your spirit, so it's important to take care of yourself. That time won't "magically" appear in your calendar. You have to decide that your health is important. What are some ways that you can practice self care this week?

One more thing. Don't forget to get out and have some fun. You deserve it!

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