

GOAL SETTING JOURNAL

Date: _____

Focus of the day:

Four horizontal lines for writing the focus of the day.

To-Do List:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Ideas

A grid of dots for writing ideas.

Notes

A large rectangular area for writing notes, with a folded corner effect on the top right.

Water Intake:

Seven blue squares above a horizontal line, with seven water glass icons below the line.