

The 
Mindful
EA

GOAL
PLANNER

Goal Planner

Date: _____

S M T W T F S

What do I want to achieve?

Blank area for writing the goal.

Why do I want to achieve this?

Blank area for writing the reason for the goal.

What small steps do I need to take to achieve this?

Blank area for writing the steps to achieve the goal.

Daily Journal

Date: _____

S M T W T F S

MORNING

I'm grateful for:

I'm looking forward to:

Daily affirmations:

EVENING

Good things that happened today:

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