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| --- | --- | --- | --- | --- |
|  | **Target Date** | **Action steps** | **Goal** |  |
|  |  |  |  | **Family** |
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|  |  |  |  | **Relationships** |
|  |  |  |
|  |  |  |
|  |  |  |  | **Health** |
|  |  |  |
|  |  |  |
|  |  |  |  | **Career** |
|  |  |  |
|  |  |  |
|  |  |  |  | **Financial** |
|  |  |  |
|  |  |  |

**Monthly Goal Sheet**

**Monthly Reflection**

Things I loved about last month:

Best memory:

Things I am thankful for:

Next month, I could improve:

**Monthly Goals**