



# Gratitude & Weekly Goals

"Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life" - The Secret



I'M GRATEFUL FOR: *big or small...this is what I am thankful for*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____

MY BIG GOALS FOR THIS WEEK ARE:

(What I *must* complete this week)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

TO ACCOMPLISH THESE GOALS I NEED TO:

(3 small steps I need to take to reach my big goals)

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

