

JOURNAL PROMPTS

Goals That Stick

Goals that fit the woman you actually are.

What goal still matters to me, even though the old plan stopped working?



How could I stay consistent with a goal while switching up how I do it?



What does my real life need from a plan, not my fantasy version of me?



Which routine have I outgrown, and what would fit me better now?



How have my goals changed as I've changed?



What would make this goal fun for me again?



What are three different ways I could work toward the same goal?



What one small adjustment could get me back on track?



What would a plan I look forward to look like?



What's a new way I could approach an old goal?



Goals That Stick

CUT ALONG THE DASHED LINES

NO. 1



*What goal still matters to me,
even though the old plan stopped
working?*

NO. 2



*How could I stay consistent with a
goal while switching up how I do
it?*

NO. 3



*What does my real life need from
a plan, not my fantasy version of
me?*

NO. 4



*Which routine have I outgrown,
and what would fit me better now?*

NO. 5



*How have my goals changed as I've
changed?*

NO. 6



*What would make this goal fun for
me again?*

NO. 7



*What are three different ways I
could work toward the same goal?*

NO. 8



*What one small adjustment could
get me back on track?*

NO. 9



*What would a plan I look forward
to look like?*

NO. 10



*What's a new way I could approach
an old goal?*

