

The background is a light gray and white marbled pattern with flowing, wavy lines. A thick, wavy line of gold glitter runs diagonally from the left side towards the bottom right corner.

# *Goals and Gratitude Mini-Journal*

*Hey,* *From Monet!*

*We are thrilled that you are wanting to transform to transcend with our free goals and gratitude mini journal. The pages within this document are easy to follow and explained below. They are specifically created to give you the ways to lay things out on paper and remind yourself to continue to follow YOUR path.*

*As always, we remain committed to providing our future clients with thought-provoking content. We believe that our mini-journal has the power to spark reflection and contribute to a more present and engaged self-awareness.*

*For the months focus and habit tracker try to stay consistent with these. It takes 30 days to form a good habit so take advantage and write it out if you have to. It's always good to write it so that you see it and your brain remembers "you wrote it down somewhere".*

*Thank you for your continued support. We hope that you enjoy this edition of Self-Start To Transformation and look forward to hearing your feedback.*

*Sincerely,*

*Monet Y.  
Founder, Limitless Mindset Coaching and Consulting,  
LLC*

**FILL EACH DAY WITH**

*Gratitude*

DATE :

3 SMALL THINGS I  
APPRECIATE TODAY?

3 GOOD THINGS  
HAPPENED TODAY

TODAY'S POSTIVE AFFIRMATION

MY FAVOURITE  
MOMENTS OF THE DAY

# WEEKLY *Gratitude* JOURNAL

DATE :

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	



# LIFE Goals

DATE :

FOR EACH OF THE CATEGORIES BELOW, WRITE DOWN THINGS YOU ARE DOING WELL AND WHERE YOU FEEL YOU MAY NEED IMPROVEMENT. TAKE THE TIME TO REFLECT ON EACH OF THESE, AND WRITE A GOAL FOR EACH CATEGORY.

CATEGORY	WHAT I'M DOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY</i>			
<i>FRIENDS</i>			
<i>WORK/ SCHOOL</i>			
<i>BODY</i>			
<i>MENTAL HEALTH</i>			
<i>SPIRITUALITY</i>			

# ACTION *Brainstorming*

DATE :

ACTION BRAINSTORMING CAN HELP IDENTIFY WHAT THINGS ARE HELPING OR STOPPING YOU FROM ACHIEVING YOUR GOALS.

MY GOAL:

STOP  
DOING

DO  
LESS OF

KEEP  
DOING

DO  
MORE OF

START  
DOING

MONTH OF \_\_\_\_\_

## THIS MONTH'S FOCUS

A 10x10 grid of dots, consisting of 10 rows and 10 columns, totaling 100 dots. The dots are arranged in a regular pattern, with each dot centered in its respective cell of the grid.

## THIS MONTH'S GOALS

[illegible]

MONTH OF \_\_\_\_\_

# MONTHLY HABIT TRACKER

HABIT <input type="text"/>									

HABIT <input type="text"/>									

HABIT <input type="text"/>									