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# Goal Journal

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A 30-Day Guided Journal



Hybrid



Created with LoomJournals

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# How to Use This Journal

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Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Each morning, rate your motivation and energy, then write your top 3 priorities and action steps
  - Throughout the day, note any obstacles you encounter
  - Each evening, rate your goal progress, record your accomplishments, and capture the lesson of the day
  - Before closing, write your goals for tomorrow to prime your mind for the next day



Scan for a detailed guide on how to use this journal

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