



HEART GOALS™

BUSY ➡ BALANCED

MONTHLY HEART GOALS CHECK-IN || WHITNEY ENGLISH

The beginning of the month is a great time to check in to make sure you are moving toward the best version of yourself. Thinking about your bigger, long-term goals, what worked (or didn't work) over the past month? How can you make improvements in the coming weeks in order to keep up the momentum?

WHAT WORKED?

WHAT DIDN'T?

WHAT NEXT STEPS NEED TO BE SCHEDULED FOR THE UPCOMING MONTH?

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**FOR MORE GOAL-SETTING TIPS & TRICKS,
CHECK OUT THE HEART GOALS COURSE BELOW.**