

By the end of the month, I will have achieved...

Physical:

Emotional:

Spiritual:

Social:

Occupational :

Intellectual:

By Saturday of each week, I will have achieved...

Physical:

Emotional:

Spiritual:

Social:

Occupational :

Intellectual:

By the end of each day, I will have achieved...

Physical:

Emotional:

Spiritual:

Social:

Occupational :

Intellectual: