

www.ReflectAffirm.com

Get MORE tools to help you unlock your true potential and reach your goals.

FREE Positive Affirmations

FREE Productivity Tools

FREE Strategies to Help You Live Your Best Life

The logo for Reflect Affirm, featuring the words "Reflect Affirm" in a blue, cursive-style font. A small heart symbol is placed between the words "Reflect" and "Affirm". The text is set against a light blue rectangular background with a white border.

Directions for the Wall Art and Goals Cards

Print page 2 on cardstock paper. Simply hang up the picture in a prominent location to remind you that you have the power to achieve your goals each day and succeed.

Optional: Print, cut out, and place in an 10" by 8" picture frame or mat.

Print the goal cards and write down your goals and action steps. Fill in the stars when you complete the three step process. When you start out, make the goals small so you can reach them in one day.



Believe.
achieve.
Succeed.



Believe - Achieve - Succeed Goal Setting

Date: _____

★ I **believe** I can reach this goal: _____

★ I will **achieve** my goal with these action steps: _____

1 _____

2 _____

3 _____

★ **Success** - I reached my goal! _____

Date: _____

★ I **believe** I can reach this goal: _____

★ I will **achieve** my goal with these action steps: _____

1 _____

2 _____

3 _____

★ **Success** - I reached my goal! _____

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