

## GOAL REACHER ACTIVITY

Check in with each of your whole-person goals. See how far you've come and make any comments on your progress and how to continue it.

Whole-person goal 1 (write main goal): \_\_\_\_\_

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Milestone reached (circle): Starting, one-quarter, halfway, three-quarters, reached

Progress notes: \_\_\_\_\_

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Whole-person goal 2 (write main goal): \_\_\_\_\_

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Milestone reached (circle): Starting, one-quarter, halfway, three-quarters, reached

Progress notes: \_\_\_\_\_

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Whole-person goal 3 (write main goal): \_\_\_\_\_

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Milestone reached (circle): Starting, one-quarter, halfway, three-quarters, reached

Progress notes: \_\_\_\_\_

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This activity is good to do every few months, so when you're finished, set a reminder in your phone or calendar for your next goal-reacher session!

Additional resource from *Thinsanity: 7 Steps to transform your mindset and say goodbye to dieting forever*.

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