

The title 'MONTHLY GOALS' is centered in a large, bold, dark grey sans-serif font. It is set against a light blue circular background that is partially overlaid by a hand-drawn orange pencil stroke.

Be BeYOUtiful U

Setting yourself goals is super important to help you focus your life and help you have a purpose. I want you to set yourself Monthly Goals and think about how we will track them. Monitoring your progress can help you see how far you have come. This is your time to shine. Lets start planning.

Health

Self Development

Career

Fitness

MONTHLY GOALS

Be BeYOUtiful U

As Well As Planning it is also essential to reflect on the goals that you have set. How far have you come this month? What has gone well? What has not gone so well? What do you hope for next month? What would you like to improve? Have you smashed your goals? Is it time to celebrate?

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