

## GOALS THIS WEEK (EXAMPLE SHEET)

ON THE GO: COFFEE

THEN: STARBUCKS

NOW: LOCAL COFFEE SHOP

\*REMEMBER THAT IF IT'S NOT A FIT RIGHT AWAY YOU CAN QUICKLY AND SIMPLY GOOGLE ANOTHER OPTION UNTIL YOU FIND ONE THAT IS CONVENIENT AND YOU LIKE THE QUALITY.

DINING OUT: DINNER WITH FAMILY

THEN: RED LOBSTER OR CHAIN

NOW: LOCAL RESTAURANT

ENTERTAINMENT: MOVIE NIGHT

THEN: NEAREST THEATRE

NOW: LOCAL PLAY, FILM OR BAND

GROCERIES: FRESH FRUIT

THEN: ALBERTSONS

NOW: LOCAL FARMERS MARKET

\*\*\*PRINT FOUR COPIES OF THE NEXT THREE PAGES TO COVER THE NEXT MONTH'S GOALS

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## ON THE GO:

THEN:

NOW:

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## DINING OUT:

THEN:

NOW:

## ENTERTAINMENT:

THEN:

NOW:

## GROCERIES:

THEN:

NOW:

TOILETRIES:

THEN:

NOW:

HOME REPAIR:

THEN:

NOW:

AUTO REPAIR:

THEN:

NOW:

SELF-CARE:

THEN:

NOW:

SELF-CARE:

THEN:

NOW:

SELF-CARE:

THEN:

NOW:

GIFTS:

THEN:

NOW:

OTHER:

THEN:

NOW:

OTHER:

THEN:

NOW:

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THEN:

NOW: