

# Here's the plan to Take Back My Life!

GOALS:

DUE BY: DONE!

Health

1. \_\_\_\_\_  
a. \_\_\_\_\_   
b. \_\_\_\_\_   
c. \_\_\_\_\_   
d. \_\_\_\_\_   
e. \_\_\_\_\_

2. \_\_\_\_\_  
a. \_\_\_\_\_   
b. \_\_\_\_\_   
c. \_\_\_\_\_   
d. \_\_\_\_\_   
e. \_\_\_\_\_

3. \_\_\_\_\_  
a. \_\_\_\_\_   
b. \_\_\_\_\_   
c. \_\_\_\_\_   
d. \_\_\_\_\_   
e. \_\_\_\_\_

*"If you don't go after what you want you'll never have it.  
If you don't ask, the answer is always no.  
If you don't step forward, you're always in the same place."  
~ Nora Roberts*