

WEEK 13 Front

NAME: _____



Draw a picture of how you believe you will look when you achieve your goal.

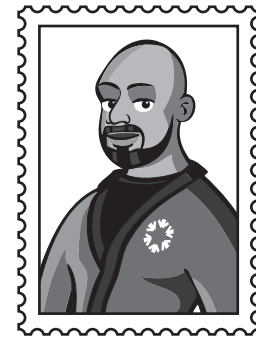


NAME: _____



Write about one thing that you want to become better at doing.
Explain why this goal is important to you and describe your plan for improvement.

Dear Future Me,



**YOU CAN
DO IT!**