

A woman with long, wavy brown hair, wearing a light pink dress and a turquoise bracelet, is shown in profile from the back, holding a large bouquet of pink flowers. The background is a bright, blurred outdoor setting. The text 'Body, Mind, & Soul transformation' is overlaid on the right side of the image.

# Body, Mind, & Soul *transformation*

SETTING YOUR

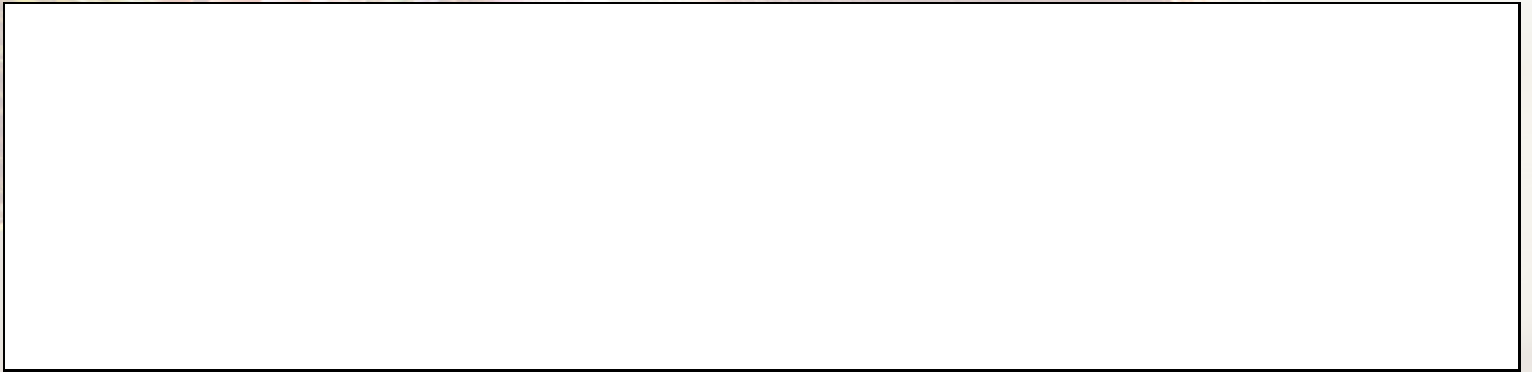
GOALS

Body, Mind, and Soul Transformation

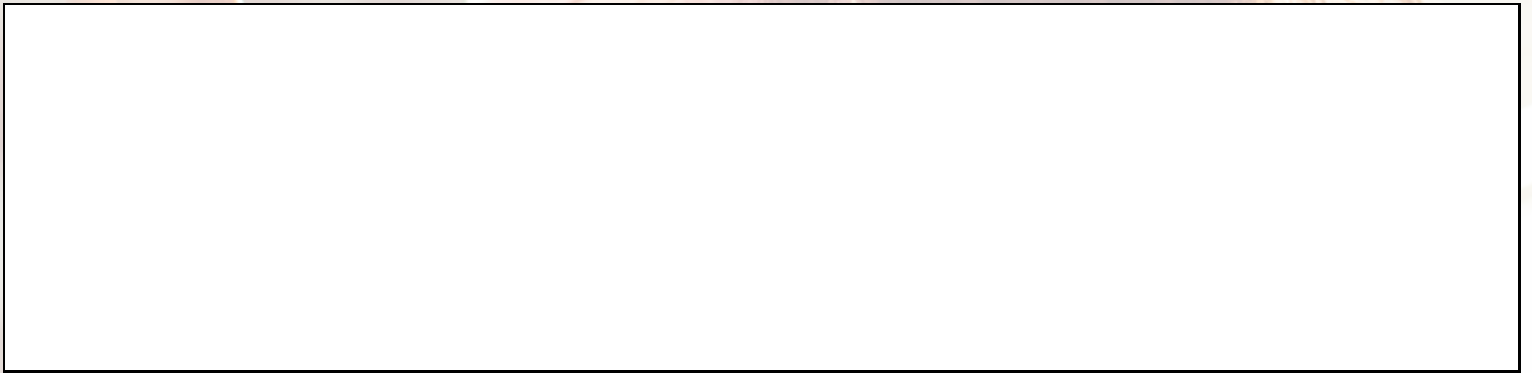
# short-term goals

Goals to accomplish this month

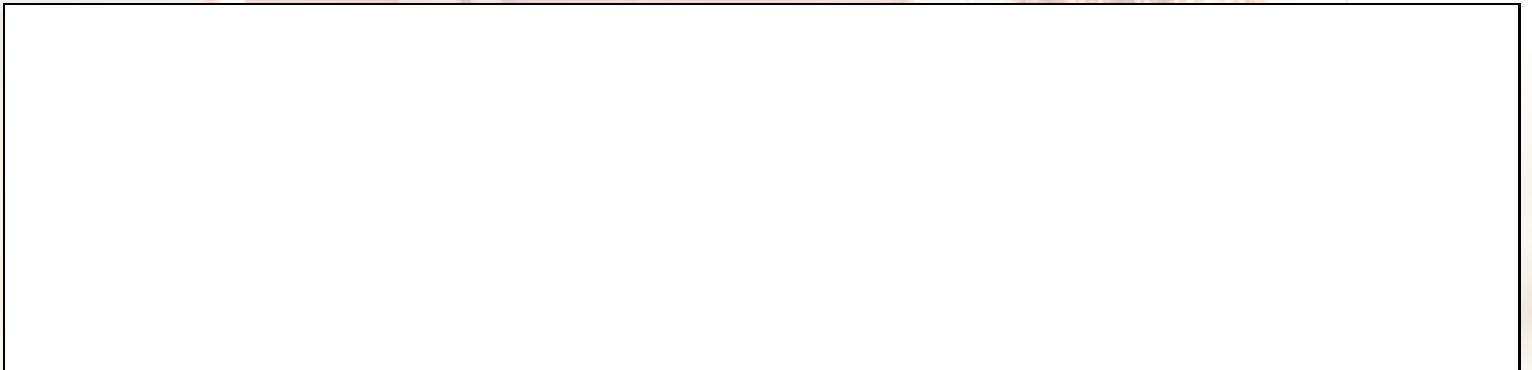
Goal 1:



Goal 2:



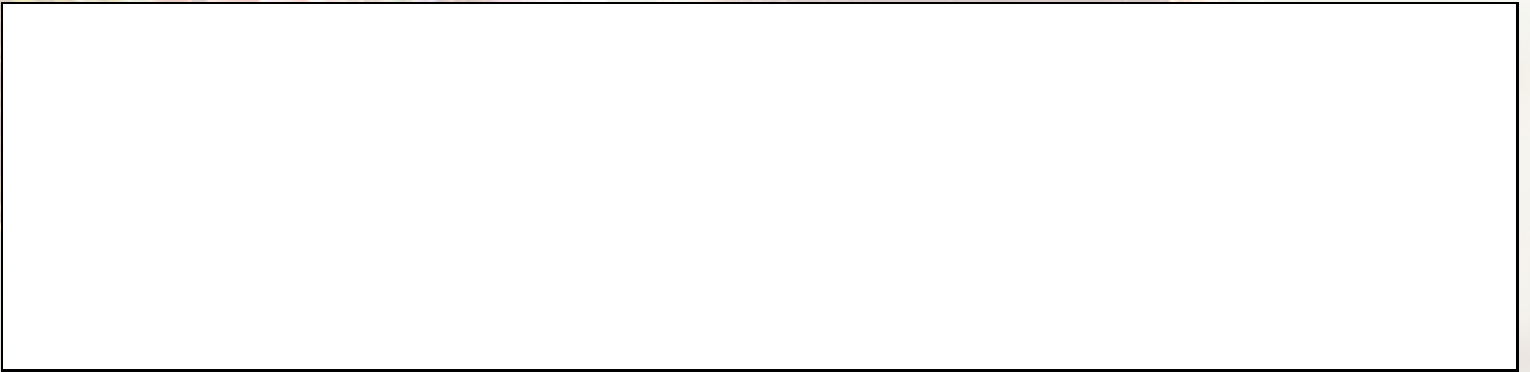
Goal 3:



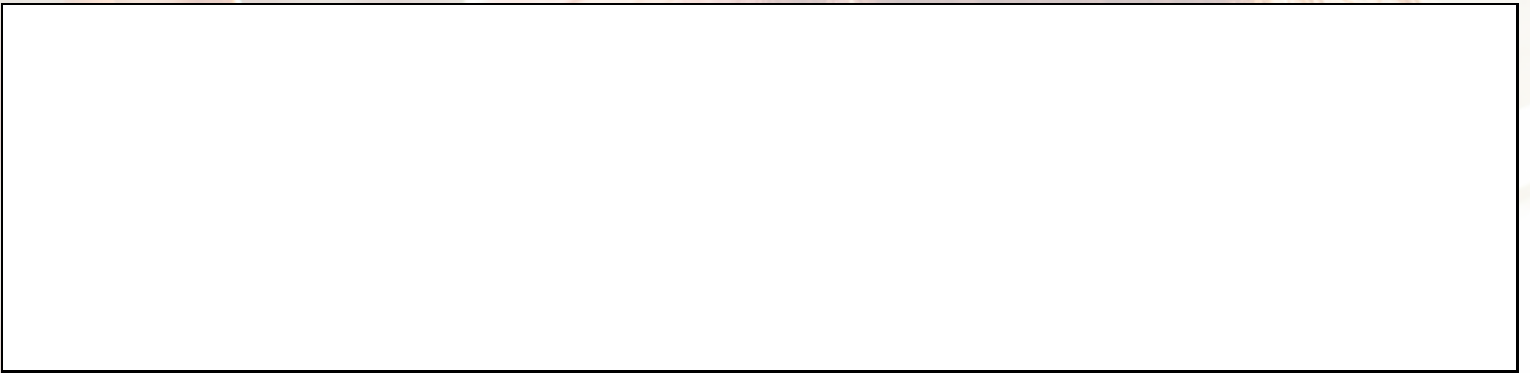
# medium-term goals

Goals to accomplish by the end of the program

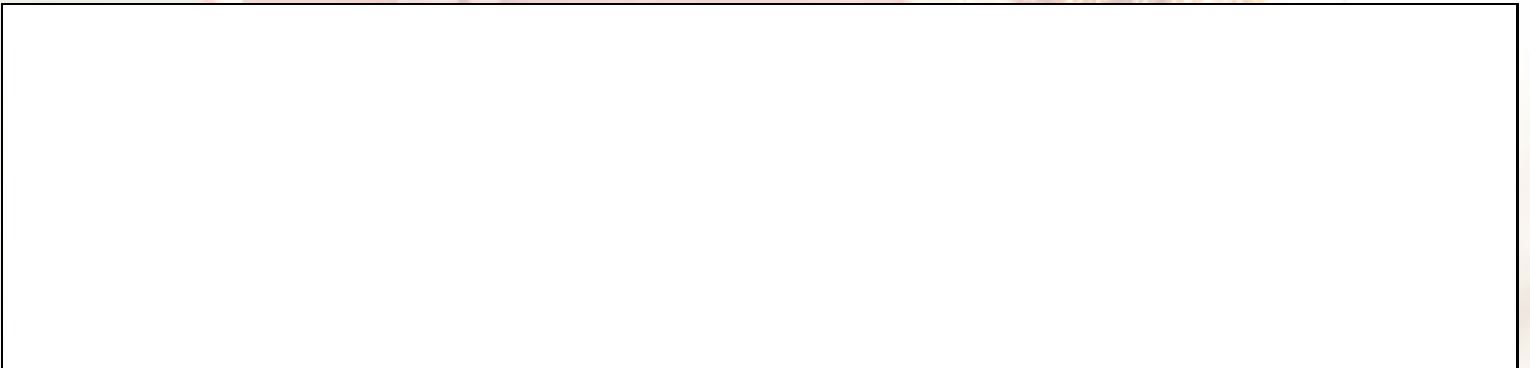
Goal 1:



Goal 2:



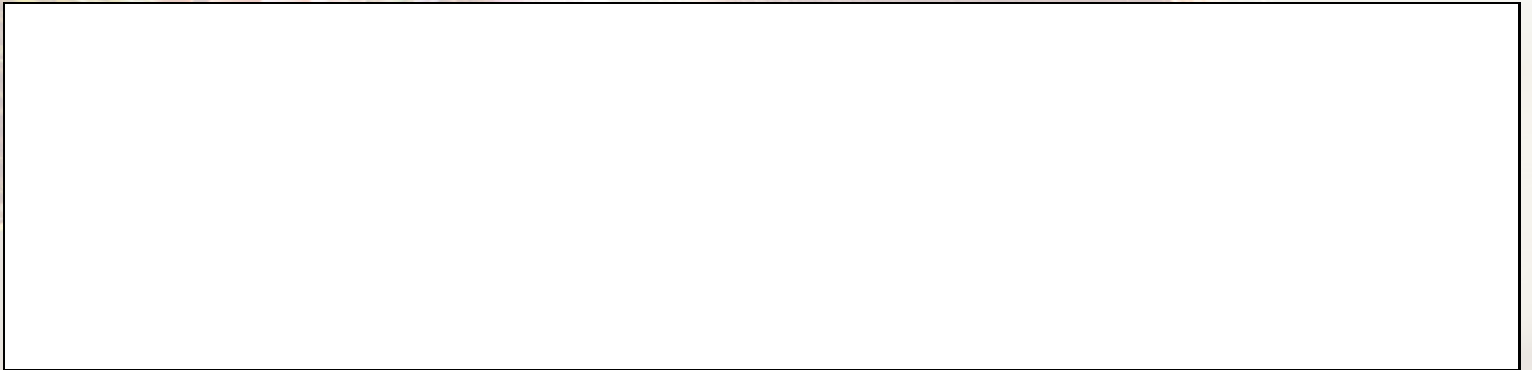
Goal 3:



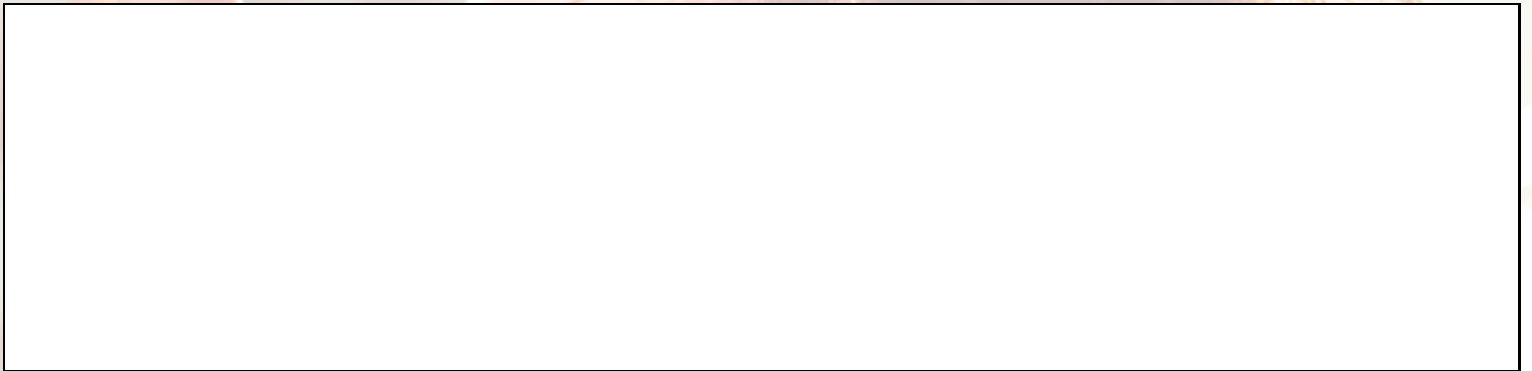
# long-term goals

Goals to accomplish next year

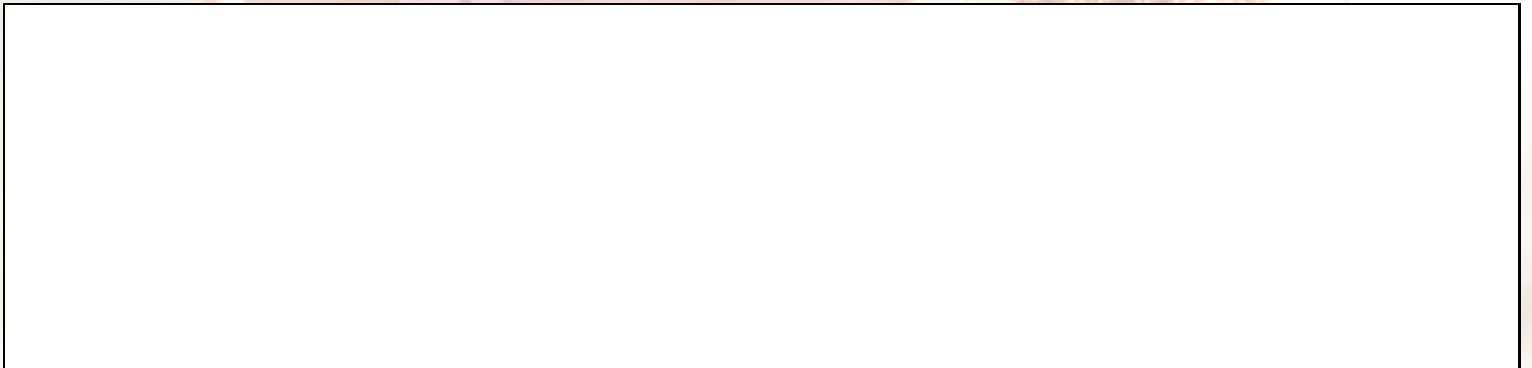
Goal 1:



Goal 2:



Goal 3:





*your daydream  
corner*

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