



Goals to  
**IMPROVE MYSELF**

Reminders of the little things I can do to be a little better.

AS A WIFE .....

AS A MOTHER .....

AS A SISTER .....

AS A DAUGHTER .....

AS A FRIEND .....

SPIRITUALLY .....

ACADEMICALLY .....

FAMILY ORGANIZATION .....

HOME ORGANIZATION .....

BE THOUGHTFUL OF .....

EAT MORE .....

EAT LESS .....

EXERCISE .....

FOR MYSELF .....

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.....



Goals to

# IMPROVE MYSELF

Reminders of the little things I can do to be a little better.

AS A HUSBAND .....

AS A FATHER .....

AS A BROTHER .....

AS A SON .....

AS A FRIEND .....

SPIRITUALLY .....

ACADEMICALLY .....

FAMILY ORGANIZATION .....

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