

Let's Crush some goals for both Mind and Body
this November, together!

Goal **NOVEMBER 2022**

GOAL 1:

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GOAL 2:

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NOTES:

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

Create One or Two Goals for the Month of November. Mark each day completed on the calendar. Post about your journey on Socials Tag Me **@BabsinRadioland #GOALvember**

Brook Stephens 2022