

Annual Goal Tracker

Goal: _____

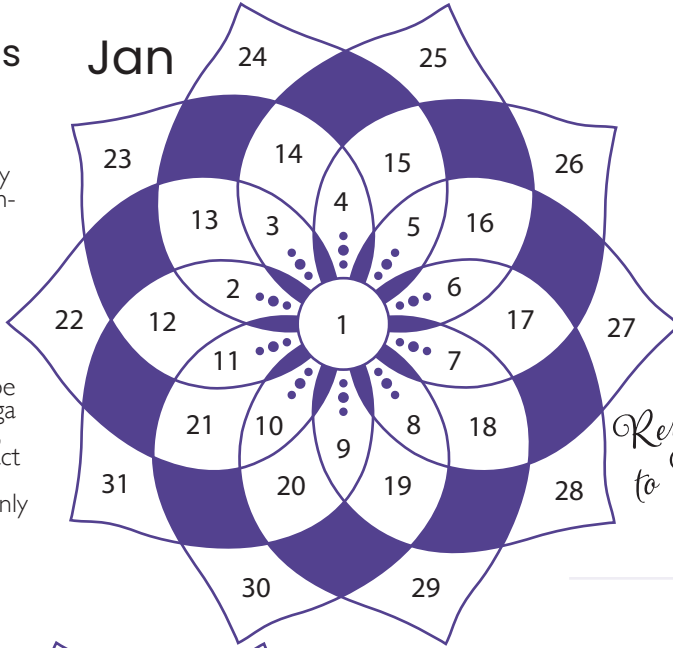
Instructions

1. Set a daily goal*
2. Colour in the mandala for that day to track your accomplishment
3. Watch your year unfold in beautiful colour.

* Your Goal could be anything. A daily yoga practice, a workout, meditation, a daily act of kindness... your imagination is the only limit.

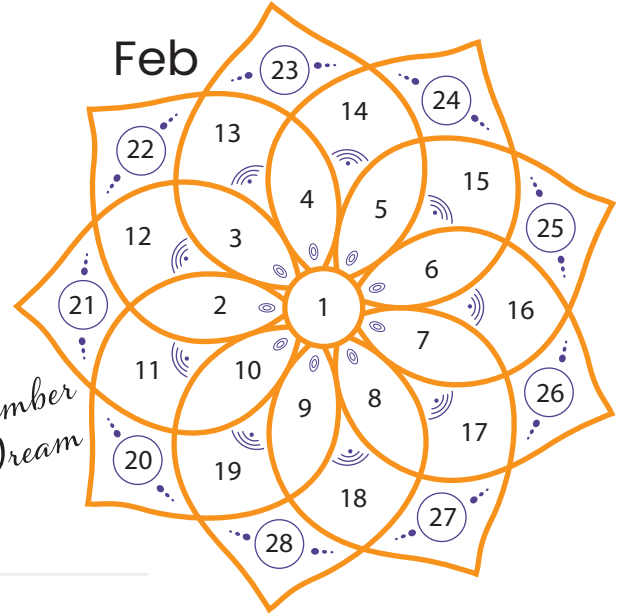


Jan

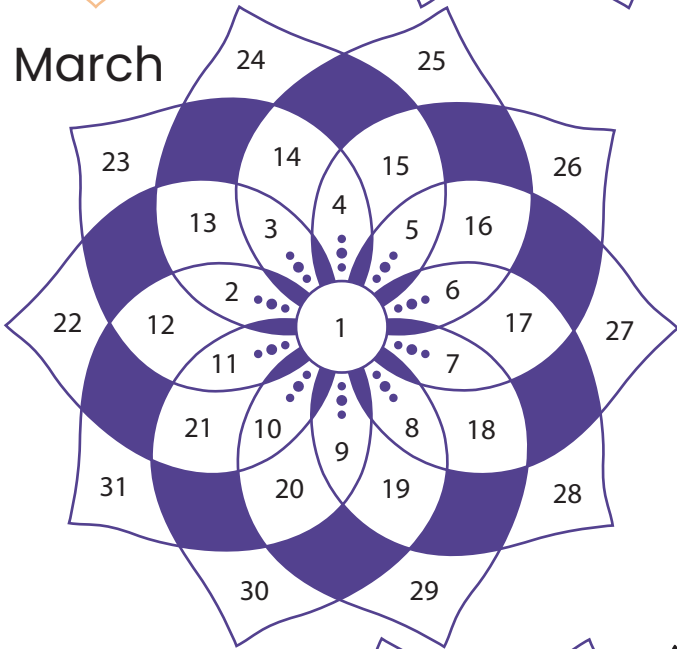


Remember to Dream

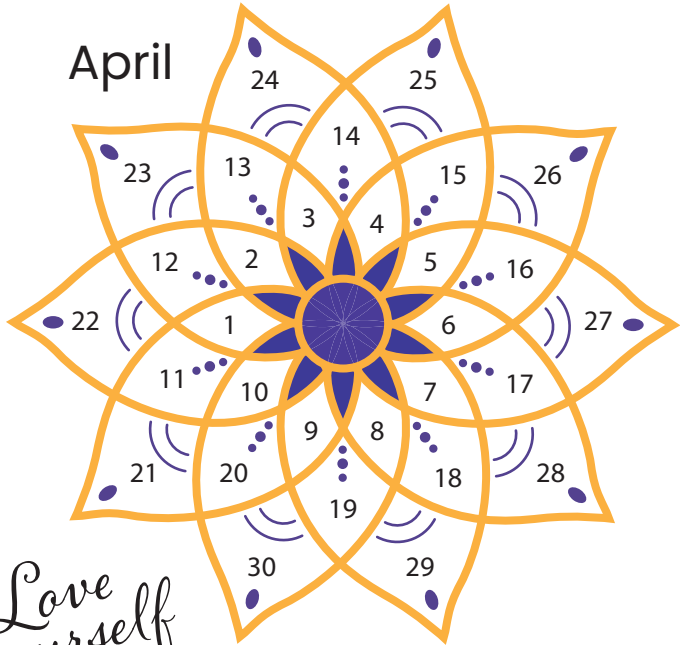
Feb



March

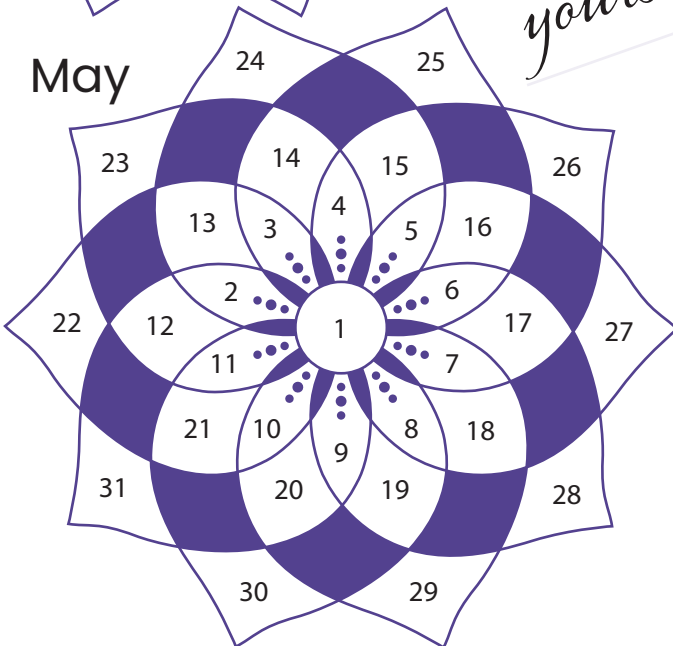


April

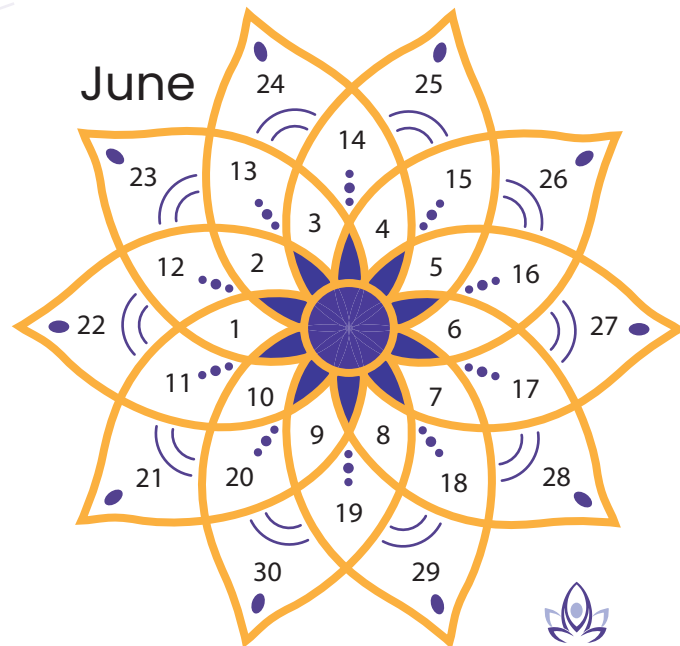


Love yourself

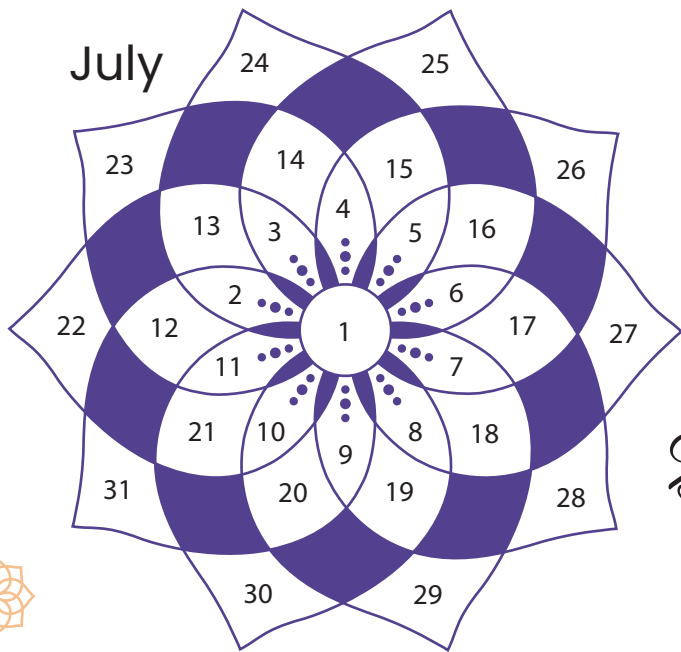
May



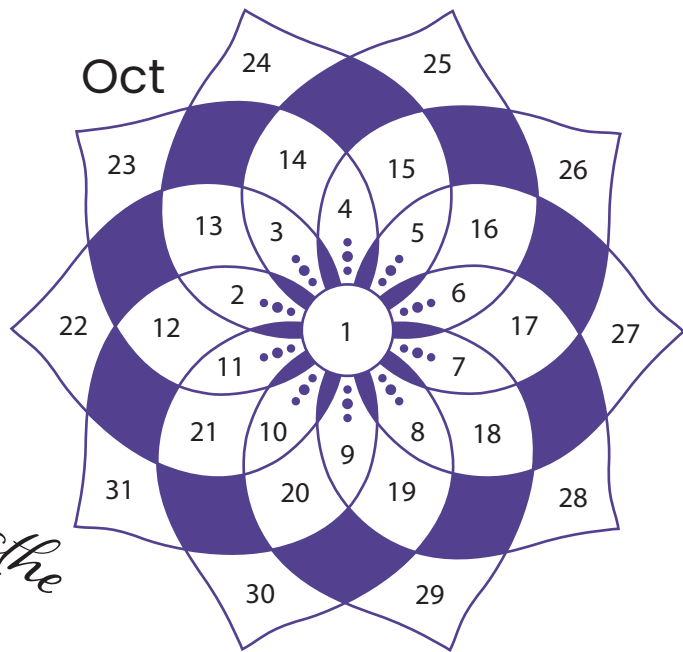
June



July



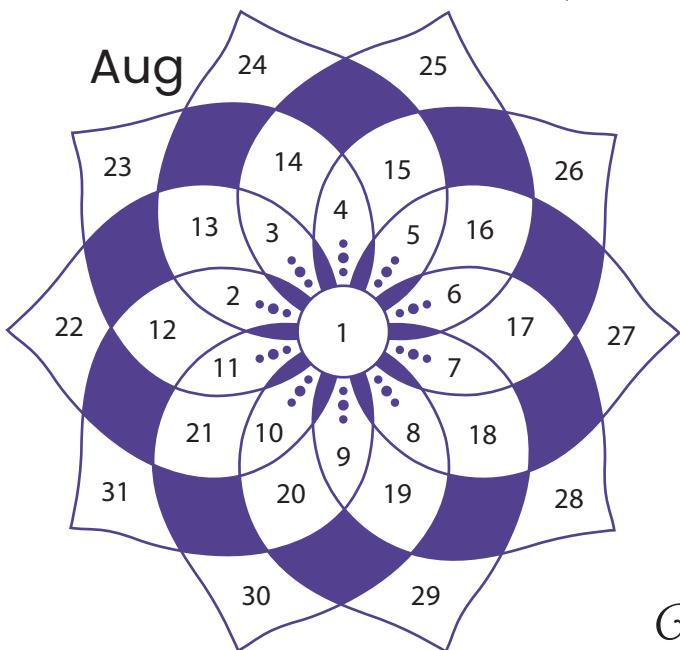
Oct



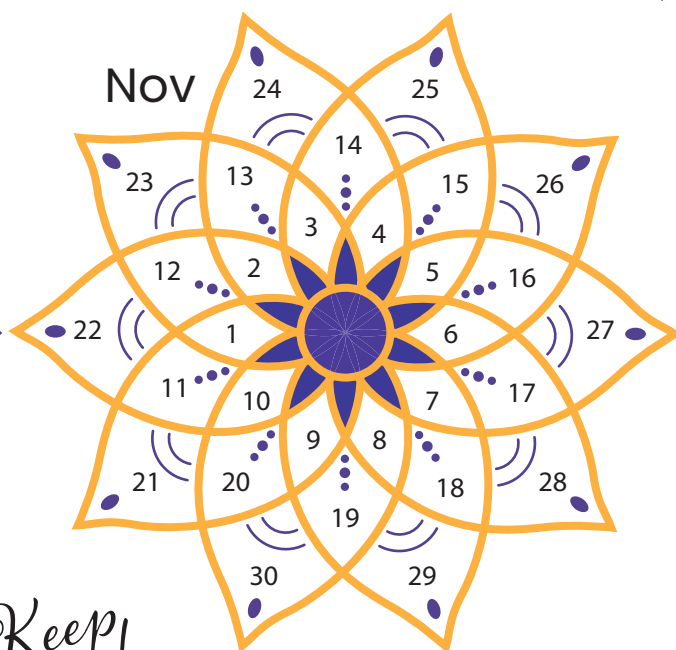
Breathe



Aug



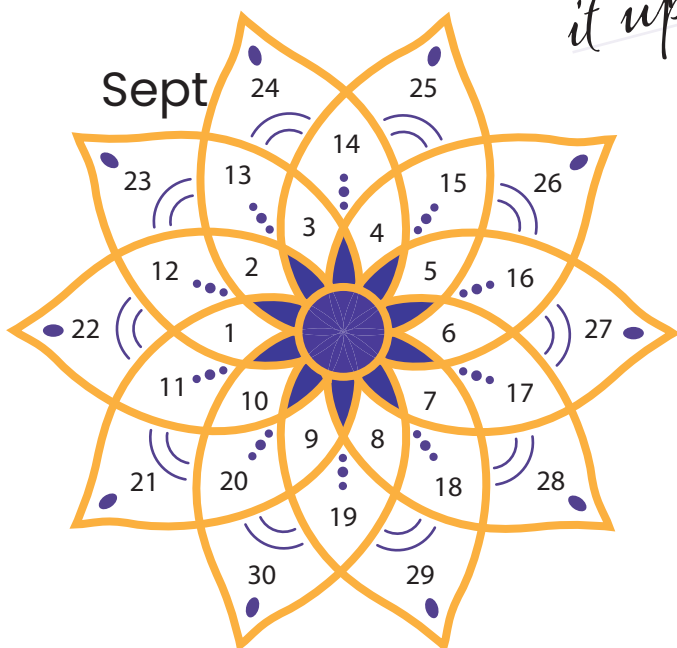
Nov



Keep it up!



Sept



Dec

