



Your Monthly Declaration Form

First Name: _____ Month reporting on: _____

1. What have I achieved this month-with my food, body, exercise, work-life balance, relationships, finances?

2. How am I feeling about things? Myself, my body, my work-life balance, my food, relationships, money and business?

3. What are the lessons I have learned in the past month?

4. What am I letting go of? What will I do differently?

5. What was the difference between my goal and my reality?

6. How do I feel about that?

7. My big bold juicy goal for this month is:

8. The 3 specific action steps I must take to meet my goal:
 - 1)
 - 2)
 - 3)

9. What do I NEED to do differently to reach my goals next month and beyond?

10. How will I reward myself for my accomplishments this month?