



7 Days to Simplify your Life Workbook

A free email course by Gina Caro @ Gypsy Soul

My Personal Goals

Goal One

I will achieve this goal by (date)

I will do this by (how are you going to achieve it)

My Personal Goals

Goal Two

I will achieve this goal by (date)

I will do this by (how are you going to achieve it)

My Personal Goals

Goal Three

I will achieve this goal by (date)

I will do this by (how are you going to achieve it)

My Work Goals

Goal One

I will achieve this goal by (date)

I will do this by (how are you going to achieve it)

My Work Goals

Goal Two

I will achieve this goal by (date)

I will do this by (how are you going to achieve it)

My Work Goals

Goal Three

I will achieve this goal by (date)

I will do this by (how are you going to achieve it)

My New Rituals

Morning Ritual One

Morning Ritual Two

Morning Ritual Three

My New Rituals

Afternoon Ritual One

Afternoon Ritual Two

Afternoon Ritual Three

My New Rituals

Evening Ritual One

Evening Ritual Two

Evening Ritual Three

Notes

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