

# 2021 | SELF REFLECTIONS

WHAT I LEARNED THIS YEAR:

BIGGEST MILESTONES, SUCCESSES, AND WINS OF 2021:

---

---

---

---

---

---

---

---

---

---

---

---

---

DID YOU HAVE A GOAL IN 2021?

DID YOU ACHIEVE THE GOAL, WHY/HOW?

---

---

---

---

FAVORITE MEMORY:

## REVIEW YOUR 2021...

WHAT CHALLENGES DID YOU FACE?

---

---

---

---

---

WHAT ARE YOU GRATEFUL FOR?

---

---

---

---

HOW DID YOU PRACTICE SELF-CARE?

---

---

---

---

WHAT DID YOU DO TO MANAGE YOUR HEALTH?

---

---

---

---

NOTES:

---

---

---

# Year just your best

## 2022 | VISION

**WHAT IS YOUR GOAL THIS YEAR?**

WHAT DOES THIS GOAL MEAN TO YOU?

---

---

---

---

---

WHAT WILL HAPPEN IF YOU SUCCEED?

WHAT DO YOU NEED TO DO TO SUCCEED?

---

---

---

---

---

---

---

WHAT WILL YOU DO WEEKLY TOWARD THIS GOAL?

---

---

---

---

HOW WILL YOU KEEP YOURSELF MOTIVATED?

---

---

---

---

WHO WILL BE YOUR SUPPORT?

---

---

---

---

WHEN DO YOU PLAN TO ACHIEVE YOUR GOAL?

---

---

---

MOTIVATION:

---

---

---































































































































---

---

# WEEKLY TRACKER

WHAT IS YOUR REWARD?

WHAT IS YOUR INSPIRATION THIS WEEK?

						Activity:	Today's Bests:
MON	Meal 1:	  	Meal 4:	  			
	Meal 2:	  	Meal 5:	  			
	Meal 3:	  	Meal 6:	  			
TUES	Meal 1:	  	Meal 4:	  			
	Meal 2:	  	Meal 5:	  			
	Meal 3:	  	Meal 6:	  			
WED	Meal 1:	  	Meal 4:	  			
	Meal 2:	  	Meal 5:	  			
	Meal 3:	  	Meal 6:	  			
THURS	Meal 1:	  	Meal 4:	  			
	Meal 2:	  	Meal 5:	  			
	Meal 3:	  	Meal 6:	  			
FRI	Meal 1:	  	Meal 4:	  			
	Meal 2:	  	Meal 5:	  			
	Meal 3:	  	Meal 6:	  			
SAT	Meal 1:	  	Meal 4:	  			
	Meal 2:	  	Meal 5:	  			
	Meal 3:	  	Meal 6:	  			
SUN	Meal 1:	  	Meal 4:	  			
	Meal 2:	  	Meal 5:	  			
	Meal 3:	  	Meal 6:	  			

just your best  
*month*

justyourbest.com

2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY


**PERSONAL GOALS FOR THE MONTH**

#1

#2

#3

ACTION PLAN:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

ACTION PLAN:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

ACTION PLAN:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MOTIVATION:**

\_\_\_\_\_

**SELF-CARE GOAL:**

\_\_\_\_\_



# 2021 IN REVIEW

RATE: ☆☆☆☆☆

## HIGHLIGHTS

WHAT AM I MOST THANKFUL FOR THIS YEAR? .....

WHAT WAS THE MOST MEMORABLE PART OF THIS YEAR? .....

WHAT SHOULD I CHANGE FOR THE BEST NEW YEAR? .....

## WHAT DID I LEARN THIS YEAR?

### BEST ACHIEVEMENTS/SUCCESSSES IN 2021:

<div style="background-color: #f0c0a0; height: 30px; width: 100%;"></div> <div style="background-color: #e0e0e0; height: 30px; width: 100%;"></div> <div style="background-color: #d0d0d0; height: 30px; width: 100%;"></div>	<div style="background-color: #f0c0a0; height: 30px; width: 100%;"></div> <div style="background-color: #e0e0e0; height: 30px; width: 100%;"></div> <div style="background-color: #d0d0d0; height: 30px; width: 100%;"></div>
---	---

### PERSONAL GOALS FOR MY BEST NEW YEAR:

THINGS TO DO AGAIN/MORE OF IN '22	THINGS TO STOP DOING/BAD HABITS
● _____	● _____
● _____	● _____
● _____	● _____
● _____	● _____
● _____	● _____

# NEW YEAR RESOLUTION TRACKER

JustYourBest.com

MONTH
_____
2022:

## GOAL:

.....  
.....  
.....

## WHAT IS YOUR INSPIRATION?

.....  
.....  
.....

## TRACK MONTHLY

Note big wins, challenges, etc.

HOW IS IT GOING?

## TRACK DAILY

Mark each day as the goal is completed

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	31				

## END OF MONTH REVIEW:

WHAT DID YOU DO BEST THIS MONTH?

WHAT DID NOT FEEL YOUR BEST?

WHAT WILL YOU DO DIFFERENT NEXT MONTH?