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↔️❤️↔️

Date:

What were your wins from last week?
Did you hit your writing goals?

What worked or what didn't?
Can you do something differently?

Your GOAL for this week! Make it SMART: **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**imely

How will hitting this goal make you feel?

Let's turn that inner critic's voice into a positive intention for the week!
e.g. I can, I will

Have a great writing week and I look forward to finding out how you get on with your goals!