Gentle Goal Setting

A gentle weekly worksheet to explore this habit and reflect on your experience.

This Week's Practice

- ■ Clarify one small goal
- ■ Break it into a single step
- ■ Align goals with values
- ■ Release urgency
- ■ Review progress calmly
- ■ Adjust without judgment

Reflection

Did your goals feel supportive or stressful this week? What adjustments feel right?

Weekly Intention

Gentle Reminders

• Progress does not need pressure.

• Small steps are real steps.

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