

NAME

DATE

GOAL

ACTION

PLAN

POSITIVE THINGS I did during COVID-19

1)

2)

3)

4)

5)

6)

Never
stop
setting
goals

POSITIVE THINGS I will continue to do after COVID-19

1)

2)

Start:

☐ Done (tick)

Start:

☐ Done (tick)

3)

4)

Start:

☐ Done (tick)

Start:

☐ Done (tick)

5)

6)

Start:

☐ Done (tick)

Start:

☐ Done (tick)