

Small Steps to Health and Wealth™ Colorado

Make Progress Every Day



Use this *Make Progress Every Day Worksheet* to plan how you will make daily progress toward your **health** and **wealth** goals.

Activity	Health Goal:	Wealth Goal:
Write a daily “positive self-talk” sentence for your goal.		
Describe a daily learning activity related to your goal.		
List your five best 10-minute chunks of time for your goal.		
List daily action steps related to your goal.		

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