

Don't quit.

Mijn doel

Blank space for writing the goal.

Motivatie

Blank space for writing motivation.

Startdatum

Blank space for writing the start date.

Looptijd

Blank space for writing the duration.

Einddatum

Blank space for writing the end date.

Subdoelen

Blank space for writing sub-goals.

Acties & taken

01

02

03

04

05

Five horizontal lines for writing actions and tasks, corresponding to the numbers 01-05.

Affirmatie

Blank space for writing an affirmation.

Backup plan

Blank space for writing a backup plan.

De beloning

Five horizontal lines for writing the reward.

