

# YEAR



---

# *m* MOJO YOGA

---



# BY

# DESIGN



 [mymojoyoga.com](http://mymojoyoga.com)

# Quarterly View

## Easy As A-B-C... Always Be Checking!

Use this quarterly view to record your goals for each month and compare them to your achievements. This will help you keep your vision and goals in your sight throughout the year, and see where you might be falling off track.

It's simple.

1. Start by entering your goals for each month of the year from your Year by Design worksheet.
2. Then, record your achievements, lessons, and noteworthy events as they happen each month.
3. By the end of the year, you'll have a clear picture of:
  - all the amazing things that you accomplished,
  - all the lessons you learned, and
  - what you might be able to improve upon for the next year.

	<b>GOALS</b>	<b>ACHIEVEMENTS</b>
<b>S A M P L E</b>	<ul style="list-style-type: none"> <li>● Do Yoga Every Day</li> <li>● Read Every Day</li> <li>● Advance Our Household Business</li> <li>● Implement A Personal Development Routine</li> <li>● Drink &gt;8 Glasses Of Water Daily</li> </ul>	<p>Did Yoga Every Day Talked to a couple of friends about doing yoga too</p> <p>Read Every Day Discovered that reading at night is best for me</p> <p>Advanced Our Household Business Can say I did 20-30 minutes of housekeeping 3x/week</p> <p>Struggled with doing 1 item of business weekly, but will keep trying</p> <p>Implemented A Personal Development Routine Tried running, discovered I hate it. Will try swimming next month.</p> <p>Drank &gt;8 Glasses Of Water Daily Got a new surf board!</p> <p>Started plans and saving for a trip in the summer! Got some plants for an herb garden!</p>



	<b>GOALS</b>	<b>ACHIEVEMENTS</b>
<b>J A N U A R Y</b>		
<b>F E B R U A R Y</b>		
<b>M A R C H</b>		



	<b>GOALS</b>	<b>ACHIEVEMENTS</b>
<b>A P R I L</b>		
<b>M A Y</b>		
<b>J U N E</b>		



	<b>GOALS</b>	<b>ACHIEVEMENTS</b>
<b>J U L Y</b>		
<b>A U G U S T</b>		
<b>S E P T E M B E R</b>		



	<b>GOALS</b>	<b>ACHIEVEMENTS</b>
<b>OCTOBER</b>		
<b>NOVEMBER</b>		
<b>DECEMBER</b>		

