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Goal Setting Worksheet

A 'Monthly Planner' grid. It has a header with 'Monthly PLANNER' and 'MONTH'. Below this is a table with columns for 'INSPIRATION', 'MONDAY', and 'TUESDAY'. The rows are labeled 'MONTHLY GOALS' on the left. The grid is designed for tracking progress throughout the month.

Planner Yoga Practice

Kathleen Armour

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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