



READING



OUR DAILY ROUTINE, DIET AND SCHEDULE

### SETTING GOALS

Write down some goals that you want to explore.

By writing them down you are recognising that you now know within yourself that you have what it takes to make changes to your life small steps at a time - changes that excite you.

You certainly have done so when it comes to your family's diet. It is time to harness this energy and make further goals happen.

#### MUM - GOAL PLAN

Something for me?

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Something with the kids?

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Something for work / study?

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#### DAD - GOAL PLAN

Something for me?

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Something with the kids?

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Something for work / study?

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