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# How to Use

1. Write your goal at the top of the page. Make your goal is specific and measurable.
2. Each day, review how you did and draw a face on M.E.E.P.  
Good - Make M.E.E.P. Smile ☺  
Enh - Draw M.E.E.P. a neutral mouth —  
Could be better - Have M.E.E.P. Frown ☹
3. At the end of the nine days - review it all.  
Do you need to use another page and keep going on this goal?  
Do you need to adjust this goal?  
Do you need to begin work on a new goal?



# How did you do?

Goal: \_\_\_\_\_

