



6-WEEK LYT TRAINING PROGRAM

Build Your Capacity Training Program *Journal*

Movement, Meditation, and Lifestyle Tips
to Improve Habits and Live FULLY



Build Your Capacity *Before*

Write down your goals before you start the 6-week training program!

Training: *Before*

DATE:

TRAINING GOALS

AREAS OF IMPROVEMENT

WHERE IN YOUR LIFE DO YOU NEED MORE CAPACITY?

Goals: *Before*

GOAL #1

Outcome I want to achieve:

Why this is important:

Steps I have to take:

GOAL #2

Outcome I want to achieve:

Why this is important:

Steps I have to take:

GOAL #3

Outcome I want to achieve:

Why this is important:

Steps I have to take:



Build Your Capacity *During*

Track your progress, emotions, and goals!



Build Your Capacity *After*

Reflect on your course, goals, and more!

Training: *After*

DATE:

GOAL REFLECTION

HOW DO I FEEL LIKE I IMPROVED?

WHAT WILL I TAKE INTO MY LIFE TO CONTINUE TO GROW MY CAPACITY?

Goals: *Reflection*

GOAL #1

Did I achieve my goal?

What can I Improve upon?

Notes:

GOAL #2

Did I achieve my goal?

What can I Improve upon?

Notes:

GOAL #3

Did I achieve my goal?

What can I Improve upon?

Notes:



Course Complete!

Congratulations! You have completed the course. We are so proud of you!