

MY GOALS

WRITE DOWN ONE GOAL YOU CAN SET IN EACH OF YOUR CORE LIFE AREAS.

HEALTH &
FITNESS >>>>

FAMILY >>>>

CAREER >>>>

PERSONAL
FINANCE >>>>

SPIRITUAL >>>>

PERSONAL &
SOCIAL >>>>

MY DREAM LIFE

COMPLETE THE SENTENCES BELOW:

I AM GRATEFUL FOR:

I SPEND MY FREE TIME:

I AM STRENGTHENING MY RELATIONSHIP WITH:

I AM SAVING UP TO BUY:

THE GOAL I'M WORKING TOWARDS:

MY DREAM LIFE

THE SKILLS I'M BUILDING:

I'M LEARNING ABOUT:

SOCIAL CAUSES I DEVOTE MY TIME TO:

I AM TRAVELING TO:

HABITS I'M DEVELOPING:

I FEEL:

LIFE CHANGES

WHAT HABITS WOULD YOU LIKE TO BUILD?
WHAT WOULD YOU LIKE TO CHANGE?

DO MORE >>>>

DO LESS >>>>