

GOALS GIVE ME A PATH!

Choose THREE areas of your life that you'd like to focus on and improve this year. For example: your physical health, your finances, and a cleaner home. What is your ULTIMATE GOAL in each area? More importantly, think about WHY you want to achieve change in that area. (For example, wanting a cleaner home so you'll be more likely to open your home to friends casually stopping by. Hosting your friends would be your why.) That's what will give you the motivation to keep going when you might be tempted to give in. The path toward the reality of your future is defined by the goals you'd like to achieve! Now it's time to break down the life you WANT into three ULTIMATE goals. (We'll break them up into smaller, more trackable goals and habits later.)

1ST AREA OF LIFE

My ultimate goal is:

My Why:

2ND AREA OF LIFE

My ultimate goal is:

My Why:

3RD AREA OF LIFE

My ultimate goal is:

My Why:

THE FUTURE IS NOW!

A year from now, you'll wish you would have started today! Studies have shown that goals are MORE likely to be achieved when people have VISUALIZED the end results beforehand!! Create your ultimate vision about what you want the three areas of your life to look like in a year. Be specific when writing about the little details; they're key when it comes to visualizing your life as you want it!! Close your eyes and spend five minutes thinking through EACH area, and then write it down. Do the same for all three areas of your life.

First Area of My Life

My Vision For How I'd Like it to Ultimately Be:

Second Area of My Life

My Vision For How I'd Like it to Ultimately Be:

Third Area of My Life

My Vision For How I'd Like it to Ultimately Be:

MY TOP WEEKLY GOALS!

As you get closer to your ULTIMATE GOAL in each of the three areas of your life, your top weekly goals are going to change from week to week as you improve in each area of life! Your struggles will change, too! But that's okay! It's part of the process! It's important to reward yourself with something small and simple, too! (Like 20 minutes uninterrupted time with a good book!) At the end of each week, spend time reflecting on your goals and how to adjust for the next week.

1ST AREA OF LIFE TOP WEEKLY GOAL	MON	TUE	WED	THU	FRI	SAT	SUN

PLAN TO HELP ME BE SUCCESSFUL:

REWARD:

2ND AREA OF LIFE TOP WEEKLY GOAL	MON	TUE	WED	THU	FRI	SAT	SUN

PLAN TO HELP ME BE SUCCESSFUL:

REWARD:

3RD AREA OF LIFE TOP WEEKLY GOAL	MON	TUE	WED	THU	FRI	SAT	SUN

PLAN TO HELP ME BE SUCCESSFUL:

REWARD:

Self-Reflection:

WHAT I
LEARNED
THIS WEEK

CHANGES
FOR NEXT
WEEK

WHAT I AM
PROUD OF
