

BRAINSTORM YOUR GOALS

SPIRITUAL GOALS

WHAT WOULD YOU LIKE TO IMPROVE ON?

WHY?

What obstacles will you face and how will you overcome?

HOW LONG WILL IT TAKE TO REACH YOUR GOAL?

INTELLECTUAL GOALS

WHAT WOULD YOU LIKE TO IMPROVE ON?

WHY?

What obstacles will you face and how will you overcome?

HOW LONG WILL IT TAKE TO REACH YOUR GOAL?

SOCIAL GOALS

WHAT WOULD YOU LIKE TO IMPROVE ON?

WHY?

What obstacles will you face and how will you overcome?

HOW LONG WILL IT TAKE TO REACH YOUR GOAL?

PHYSICAL GOALS

WHAT WOULD YOU LIKE TO IMPROVE ON?

WHY?

What obstacles will you face and how will you overcome?

HOW LONG WILL IT TAKE TO REACH YOUR GOAL?

FINANCIAL GOALS

What would you like to improve on?




Why?




What obstacles will you face and how will you overcome?




How long will it take to reach your goal?

GOALS

SPIRITUAL GOALS		
STEP 1:		
STEP 2:		
STEP 3:		
WEEKLY CHECK-IN – HOW ARE YOU DOING?		
		

INTELLECTUAL GOALS		
STEP 1:		
STEP 2:		
STEP 3:		
WEEKLY CHECK-IN – HOW ARE YOU DOING?		
		

SOCIAL GOALS		
STEP 1:		
STEP 2:		
STEP 3:		
WEEKLY CHECK-IN – HOW ARE YOU DOING?		
		

PHYSICAL GOALS		
STEP 1:		
STEP 2:		
STEP 3:		
WEEKLY CHECK-IN – HOW ARE YOU DOING?		
		

FINANCIAL GOALS			
STEP 1:	STEP 2:	STEP 3:	STEP 4:
WEEKLY CHECK-IN – HOW ARE YOU DOING?			
			