

10 GOALS TO HELP YOU FIGURE OUT WHAT YOU REALLY WANT

Setting goals defines your destination clearly and allows you to commit emotional and mental resources towards achieving the things that you want most out of life. By defining clear, actionable goals below, you are taking your first step in moving your life forward and getting the things out of life that you want.

1 WHO DO YOU NEED TO FORGIVE?

6 WHAT WILL HELP YOU PLAY MORE STARTING NOW?

2 HOW WILL YOU OVERCOME YOUR BIGGEST FEAR?

7 IF YOU'RE NOT PURSUING YOUR DREAM CAREER OR BUSINESS WHAT CAN YOU DO TO CHANGE THAT?

3 WHAT BAD HABIT WILL YOU CHANGE SO YOU CAN BE HEALTHIER?

8 WHAT RELATIONSHIP NEEDS IMPROVING WITHIN YOUR FAMILY?

4 HOW WILL YOU INCREASE YOUR SPIRITUAL WELLNESS?

9 WHAT SKILLS OR LANGUAGE DO YOU WANT TO LEARN?

5 HOW WILL YOU INCREASE YOUR INCOME AND DECREASE YOUR DEBT?

10 HOW WILL YOU DO DIFFERENTLY TO MEET THE MAN YOU'VE BEEN WAITING FOR?

YOUR NEXT STEP: FIND YOUR TOP GOALS AND ACTION STEPS

Write down the three goals that you want to focus on first:

Goal 1: _____

Goal 2: _____

Goal 3: _____

Write down 2 to 3 actions steps for each goal with achievable dates to complete the action.

Goal 1

Action Step 1: _____ By this date: _____

Action Step 2: _____ by this date: _____

Action Step 3: _____ by this date: _____

Goal 2

Action Step 1: _____ by this date: _____

Action Step 2: _____ by this date: _____

Action Step 3: _____ by this date: _____

Goal 3

Action Step 1: _____ by this date: _____

Action Step 2: _____ by this date: _____

Action Step 3: _____ by this date: _____

After completing one goal replace it with another one until you have reached all of your goals listed on Worksheet #1 then start the process all over again until you are happy with your life.

IDENTIFY AND ELIMINATE OBSTACLES IN YOUR LIFE

List any habits that have blocked you from achieving your goals in the past:

Habit 1: _____

Habit 2: _____

Habit 3: _____

Write two ways you'll overcome each habit as you work on completing your goal:

Habit 1

1: _____

2: _____

Habit 2

1: _____

2: _____

Habit 3

1: _____

2: _____

List three reasons why you must accomplish your goals:

Reason 1: _____

Reason 2: _____

Reason 3: _____

Remember this is your life, you should design it the way that you want it to be.