

Date:

GOALS

90-DAY GOALS

What are the goals you want to set for yourself for the next 90 days? Feel free to set as many or as few as you'd like.

1.

2.

3.

4.

5.

6.

GOALS TO REACH IN THE NEXT YEAR

What are your most important goals in the next year?

1.

2.

3.

4.

5.

6.

GOALS TO REACH IN THE NEXT 5 – 10 YEARS

What would you like your life to be like 5 to 10 years from today? Allow yourself to think big, to put yourself forward as if you cannot fail, to imagine your life on all levels. Where would you like to live? Who would be in your life? What would you do day to day?

Remember this wisdom: we tend to underestimate what we can do in 5 to 10 years.

1.

2.

3.

4.

5.

6.
