

MY GOALS

Write your goal down next to each category and then write "why" you want this goal and then "how" you will achieve each one.

1. Health:.....

Why:.....

How:.....

2. Learning:.....

Why:.....

How:.....

3. Wealth:.....

Why:.....

How:.....

4. Relationship:.....

Why:.....

How:.....

5. Business:.....

Why:.....

How:.....

6. Giving:.....

Why:.....

How:.....

7. Fun:.....

Why:.....

How:.....

Statement of intent: I pledge to work towards these goals every day in order to achieve them.