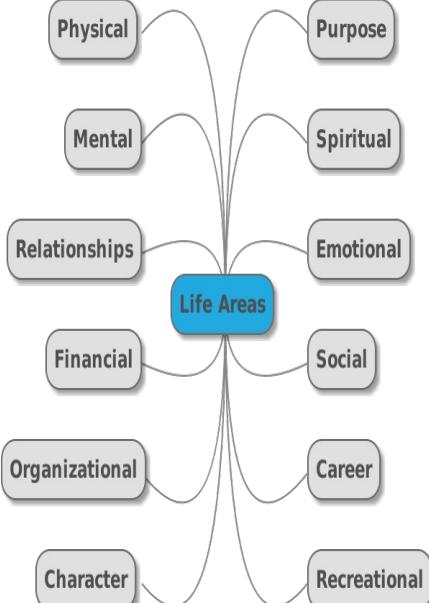


GOALS FOR THE YEAR	
Physical CREATE: DO:	
Mental CREATE: DO:	
Relationships CREATE: DO:	
Financial CREATE: DO:	
Organizational CREATE: DO:	
Character CREATE: DO:	
Purpose CREATE: DO:	
Spiritual CREATE: DO:	
Emotional CREATE: DO:	
Social CREATE: DO:	
Career CREATE: DO:	
Recreational CREATE: DO:	

INSTRUCTIONS

1. For each area, think of one word that describes what you want to CREATE.
2. Next, think of what you need to DO to make that happen.
3. Pick a few goals that are the most meaningful, and make them SMART.
4. Break the goals into smaller steps.
5. Track your progress.

Specific
Measurable
Achievable
Relevant
Time-bound

GOAL				
	TODAY	THIS WEEK	THIS MONTH	THIS YEAR