

## GOALS FOR THE YEAR

Physical CREATE: DO:		Purpose CREATE: DO:
Mental CREATE: DO:		Spiritual CREATE: DO:
Relationships CREATE: DO:		Emotional CREATE: DO:
Financial CREATE: DO:		Social CREATE: DO:
Organizational CREATE: DO:		Career CREATE: DO:
Character 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.

**S**pecific  
**M**easurable  
**A**chievable  
**R**ellevant  
**T**ime-bound

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GOAL			
TODAY	THIS WEEK	THIS MONTH	THIS YEAR