

**Create The Life of Your Dreams in _____
1 Year Goals of _____**

Spiritual

1. _____
2. _____
3. _____
4. _____
5. _____

Relationships

1. _____
2. _____
3. _____
4. _____
5. _____

Family

1. _____
2. _____
3. _____
4. _____
5. _____

Self-Improvement

1. _____
2. _____
3. _____
4. _____
5. _____

Physical

1. _____
2. _____
3. _____
4. _____
5. _____

Career

1. _____
2. _____
3. _____
4. _____
5. _____

Financial

Things I Want To Do

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

Things I Want to Have

Who I Want to Be

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

5. _____

5. _____

I _____, commit myself
to giving the effort and energy necessary to achieve these goals!