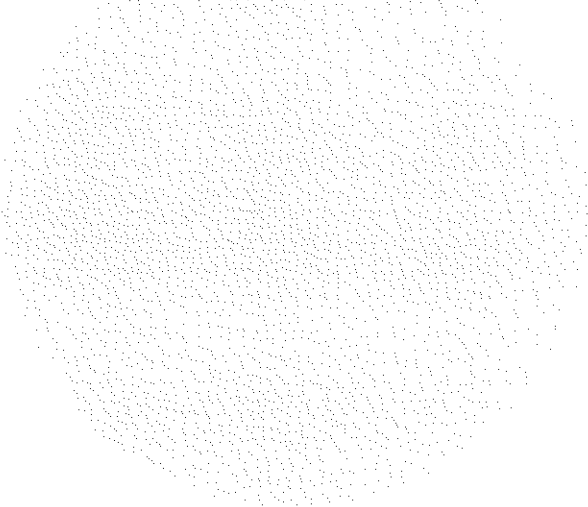


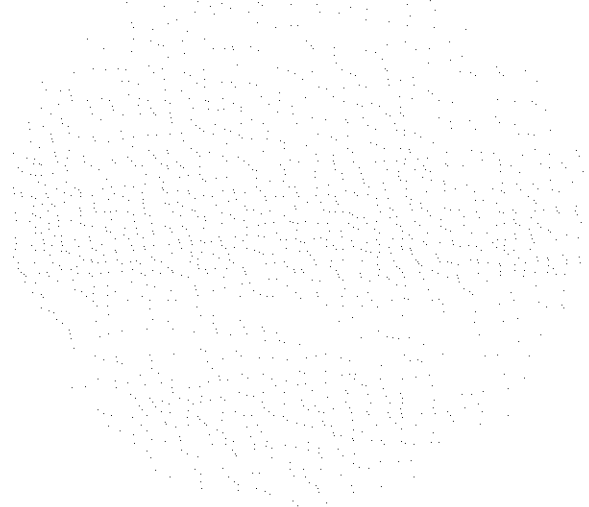
**step 1: my vision** What do I want this year to look like? To feel like?

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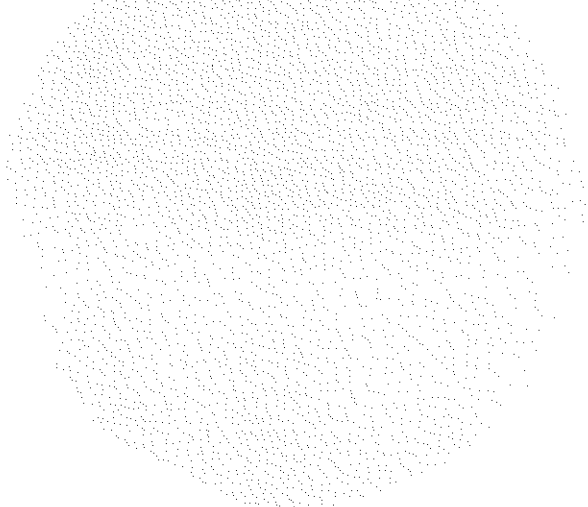
**physical health**



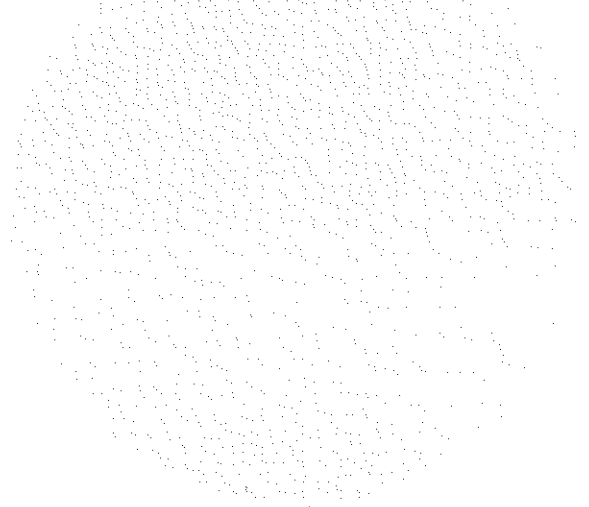
**mental health**



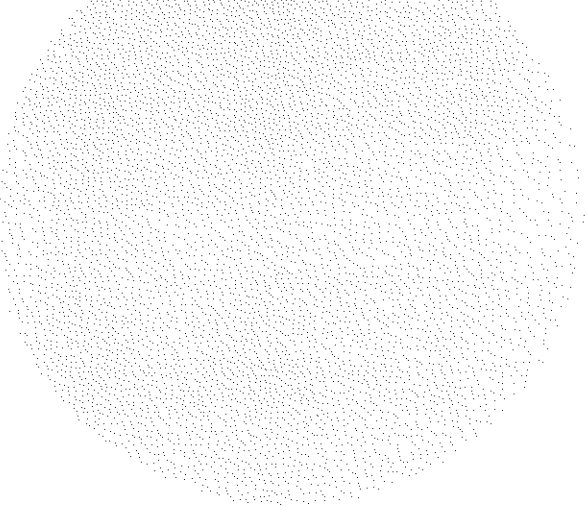
**marriage / partner**



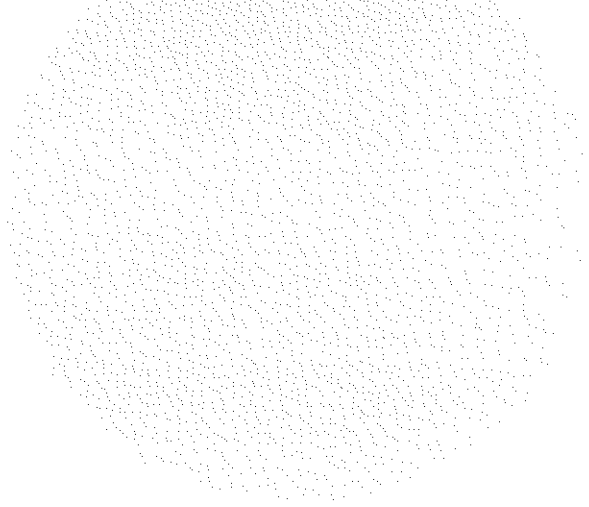
**family / friends**



**pure joy / fun**



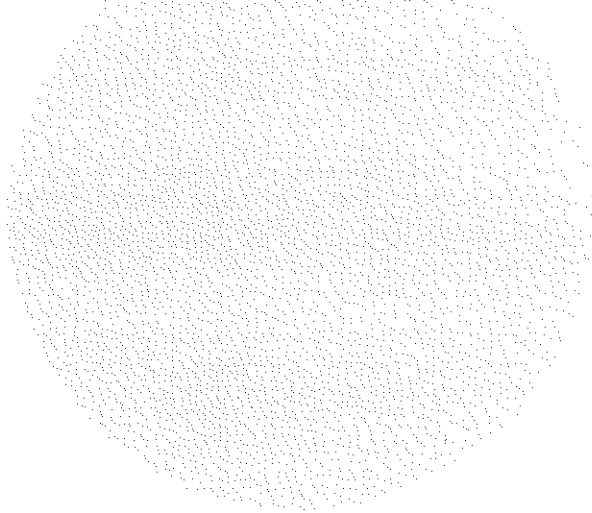
**adventure / travel**



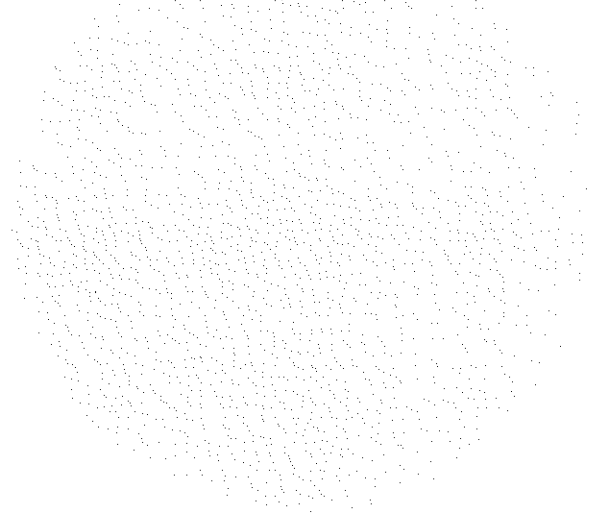
Within each circle ask yourself what is most important to you and what you can do to improve upon these areas for a more balanced life.

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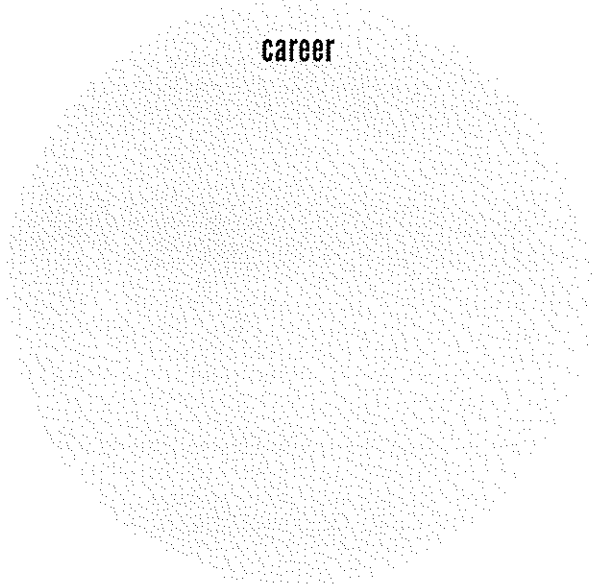
**spiritual health**



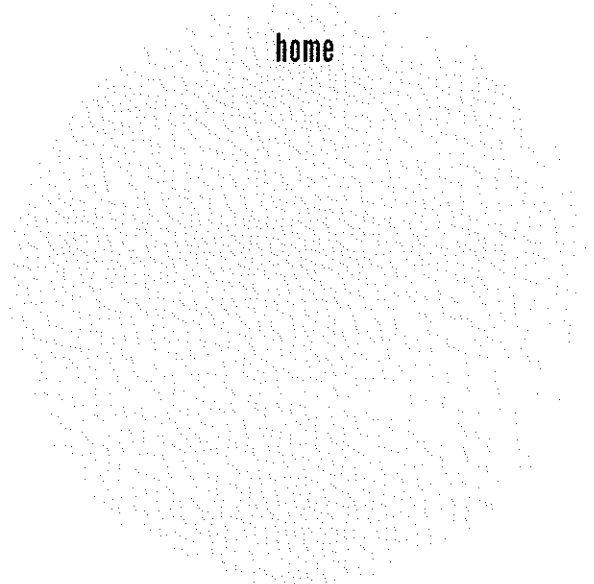
**personal growth**



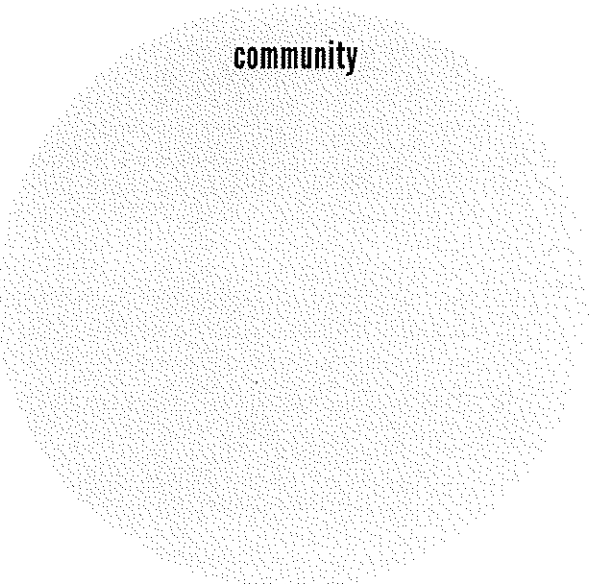
**career**



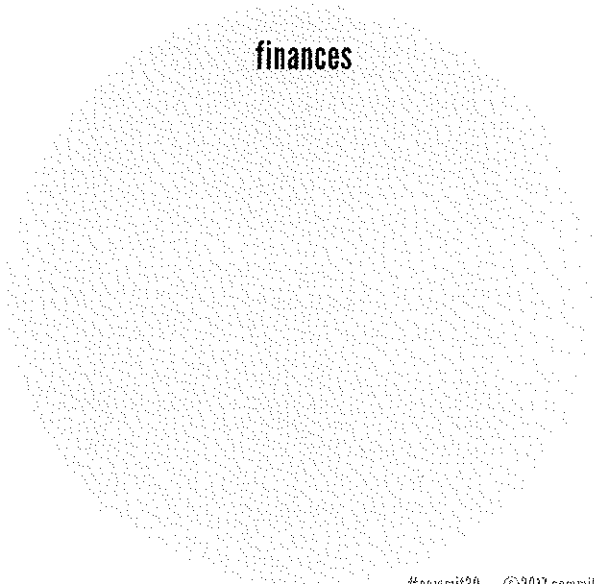
**home**



**community**



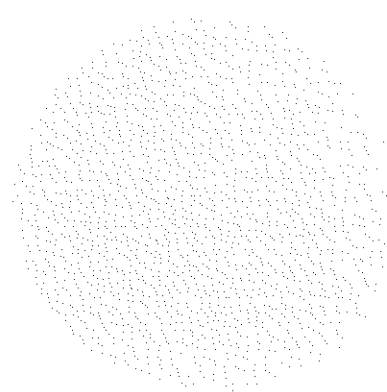
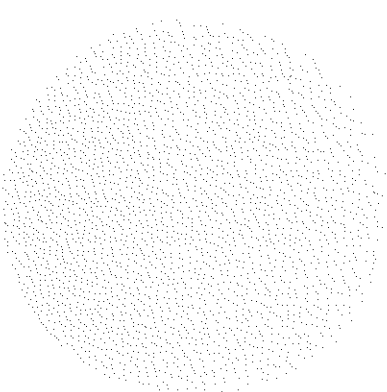
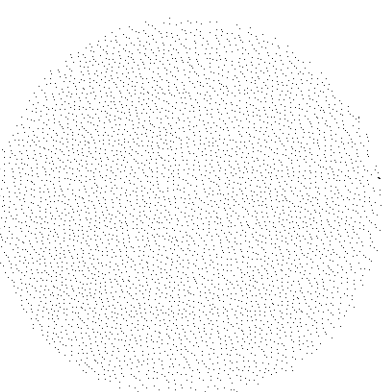
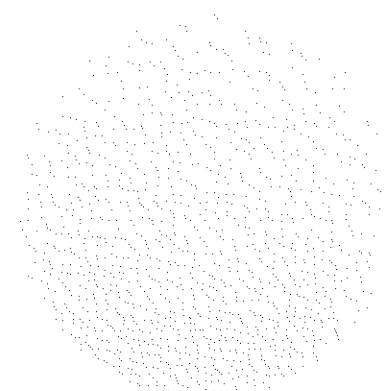
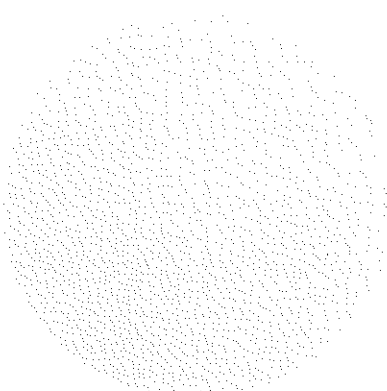
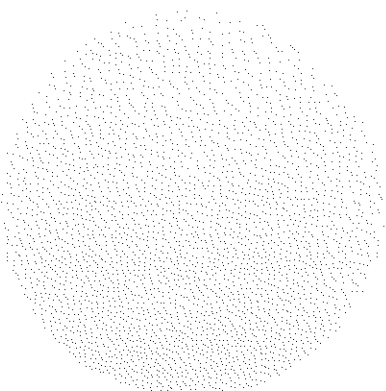
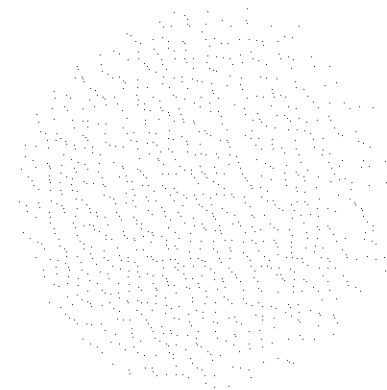
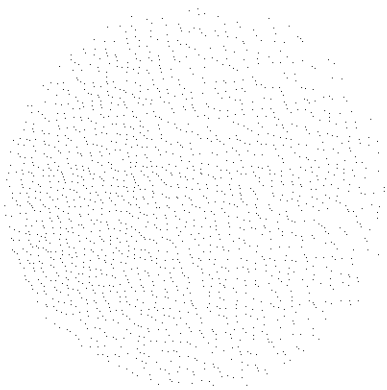
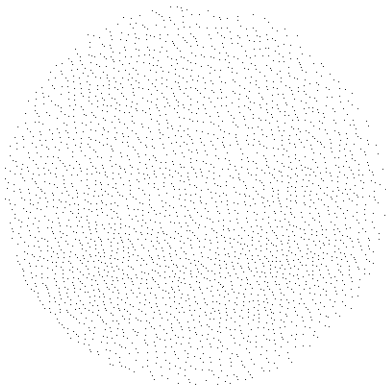
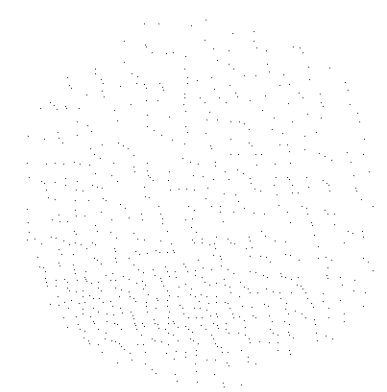
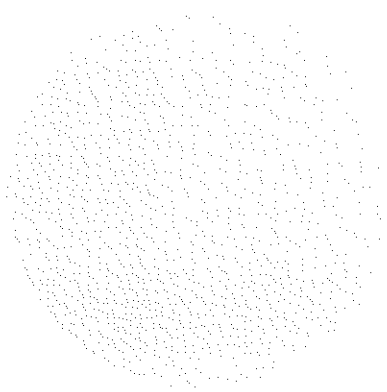
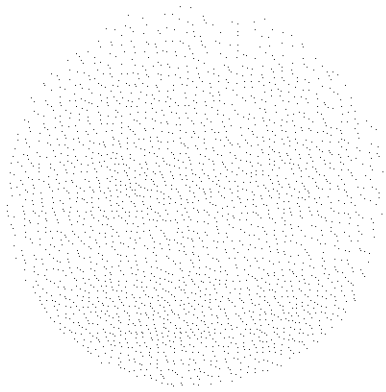
**finances**



## step 2: my monthly goals overview

12 months / 12 goals (Use each month's goal setting page to create detailed action steps for each goal.)

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# 3 COMMIT

## 30-DAY CHALLENGE

This month, I commit to:

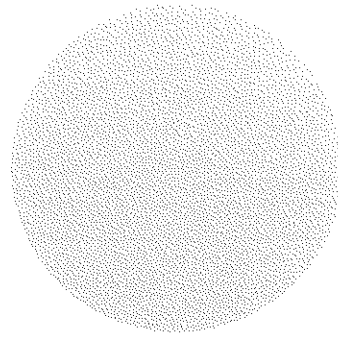
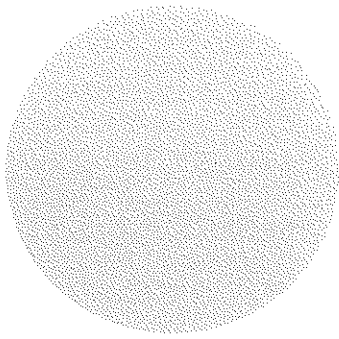
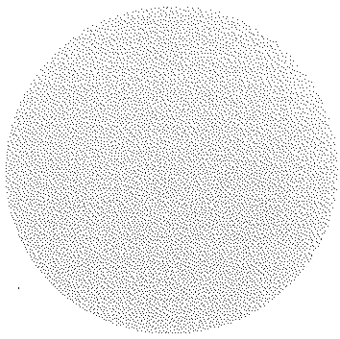
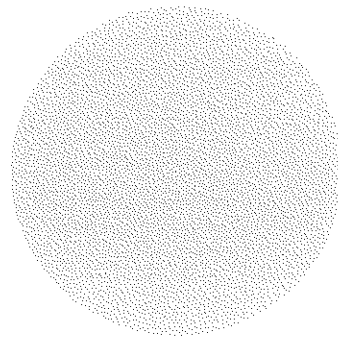
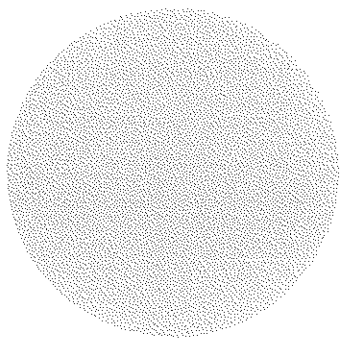
.....  
.....  
.....

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

My reward:

.....  
.....

**commit. plan. succeed.**



**This month I did / did not reach my goal. Why?**

.....  
.....

**Overall I would rate my effort towards my goal ( 1-10 )**

.....

**Next steps:**

.....  
.....