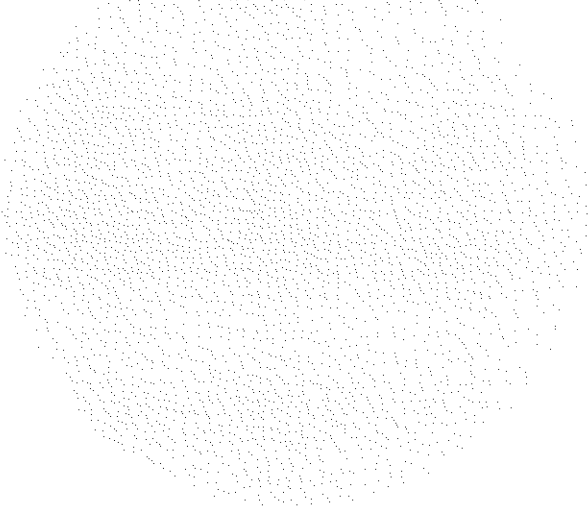


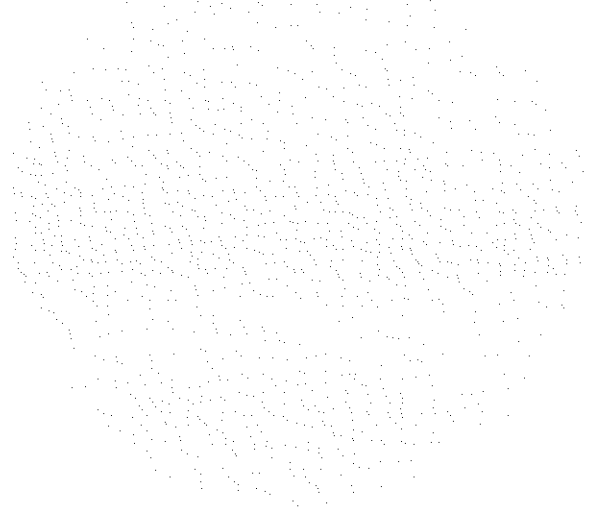
step 1: my vision

What do I want this year to look like? To feel like?

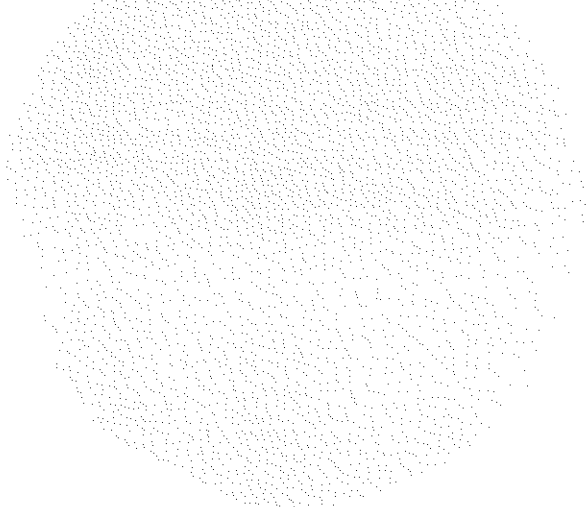
physical health



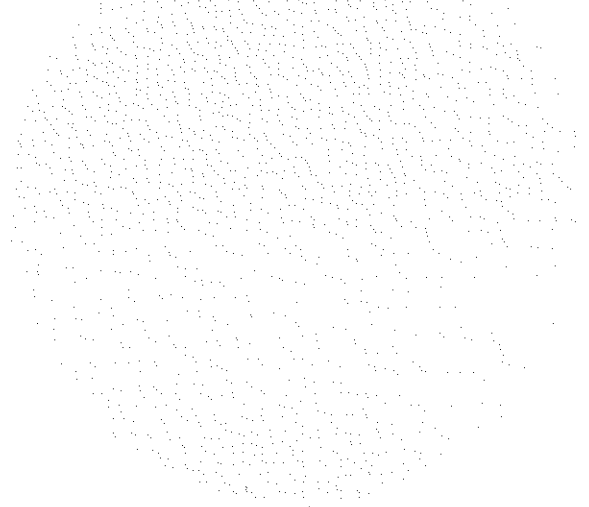
mental health



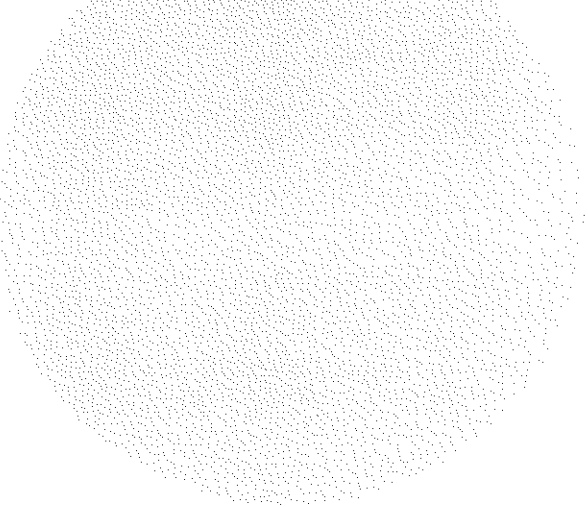
marriage / partner



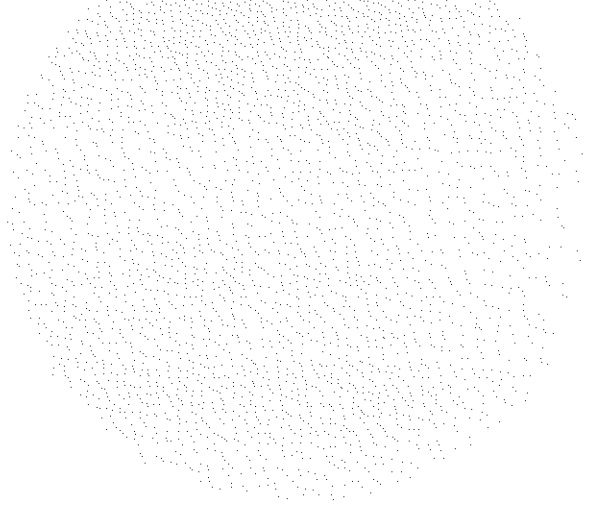
family / friends



pure joy / fun

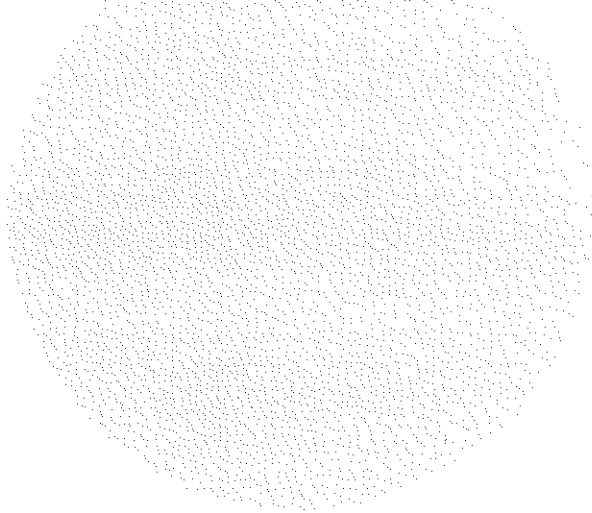


adventure / travel

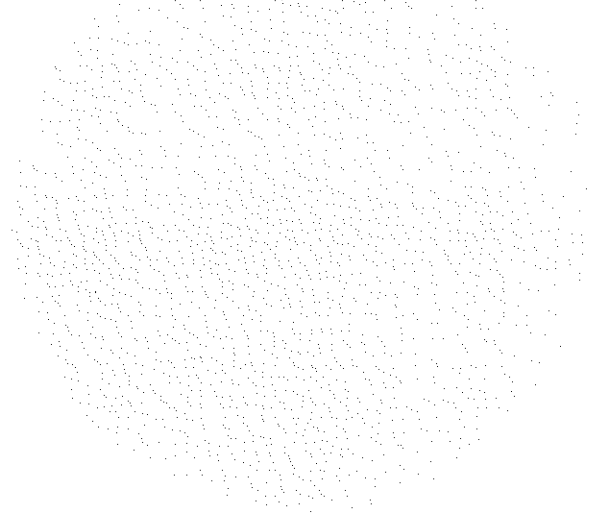


Within each circle ask yourself what is most important to you and what you can do to improve upon these areas for a more balanced life.

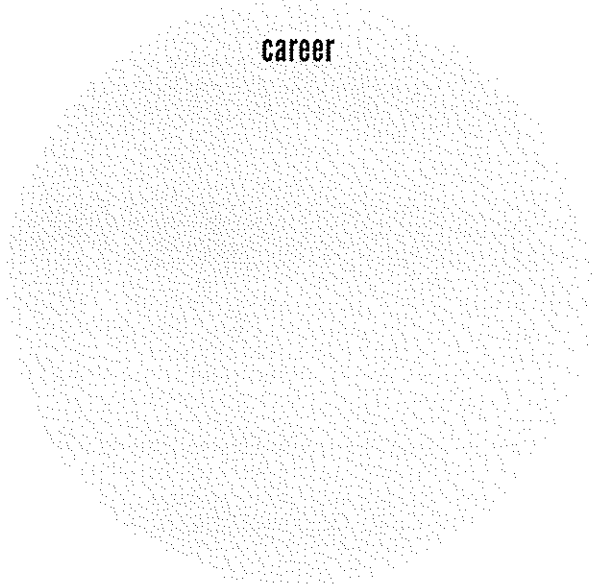
spiritual health



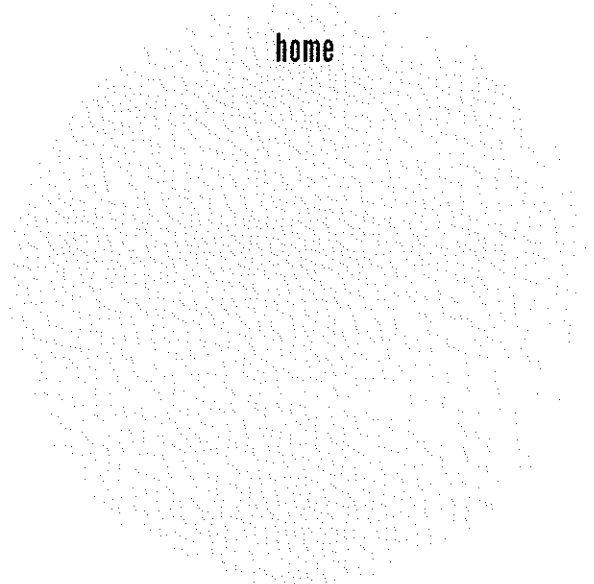
personal growth



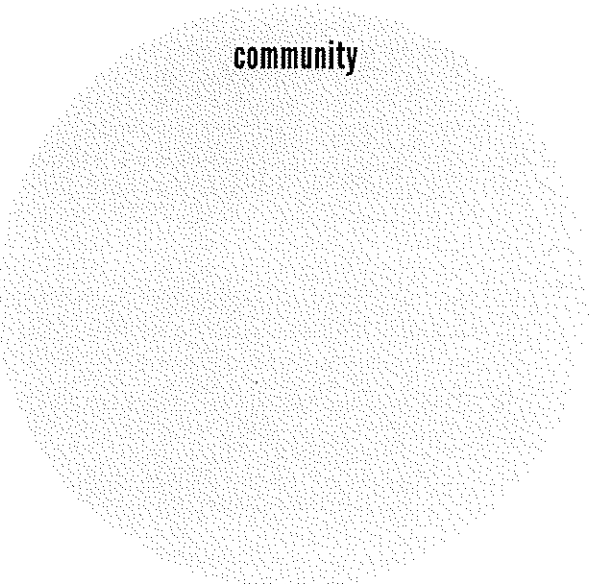
career



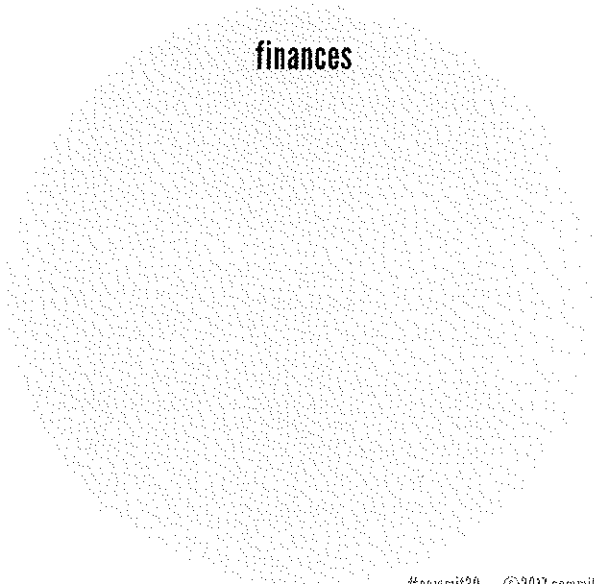
home



community

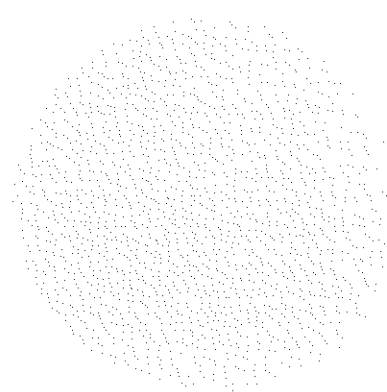
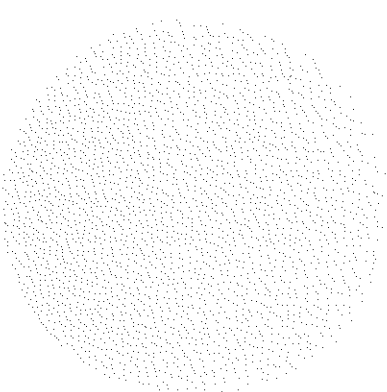
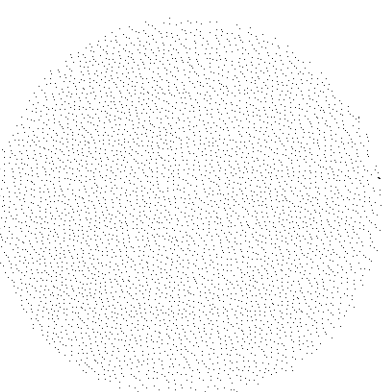
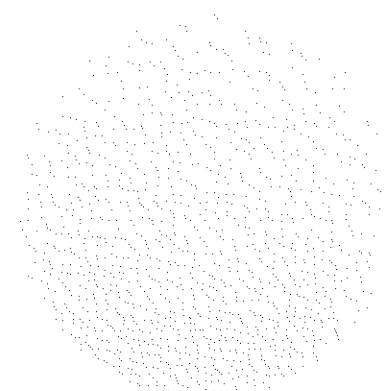
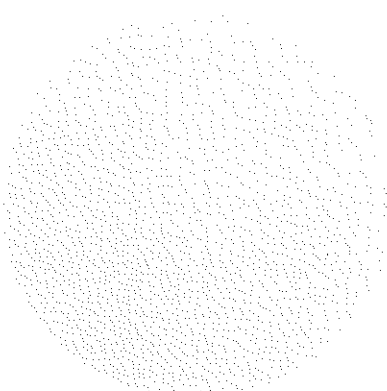
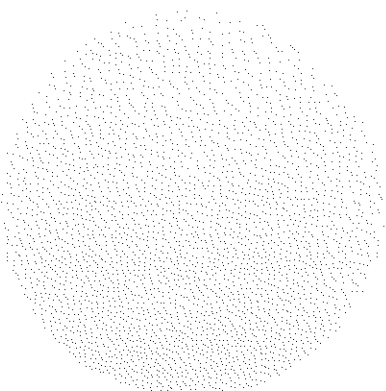
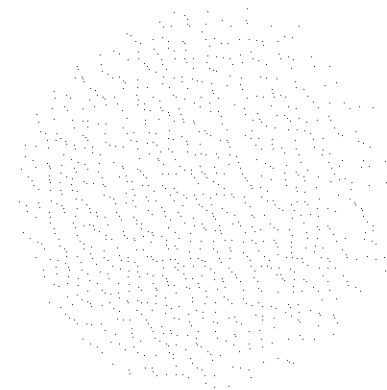
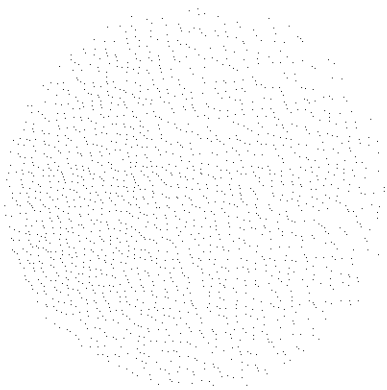
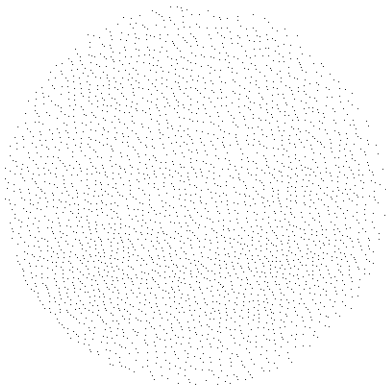
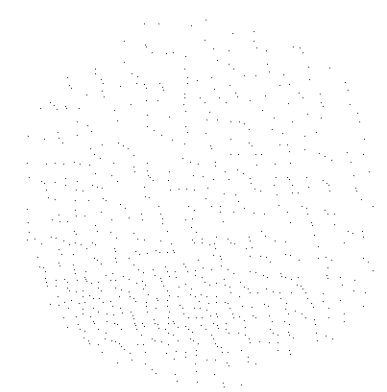
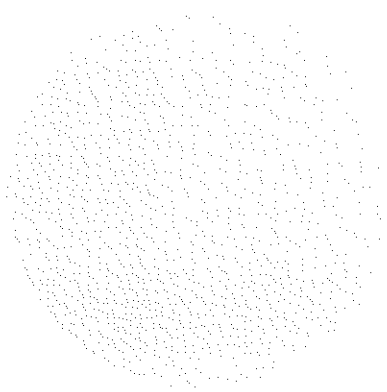
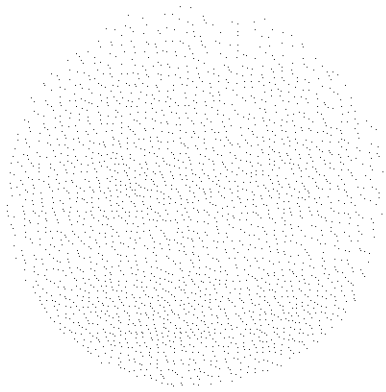


finances



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.)



3 COMMIT

30-DAY CHALLENGE

This month, I commit to:

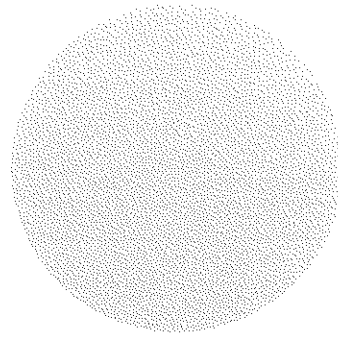
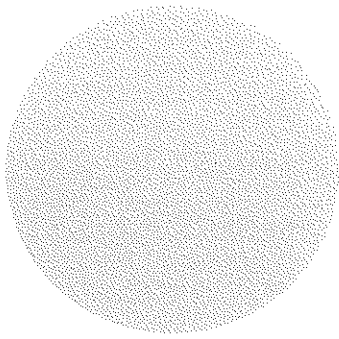
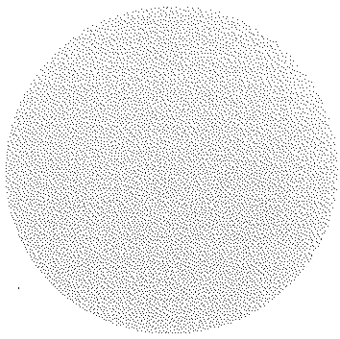
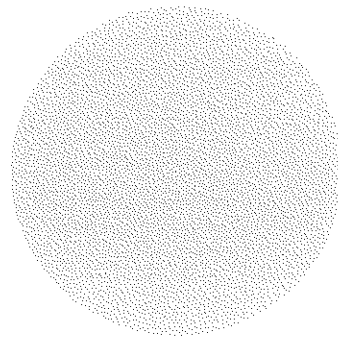
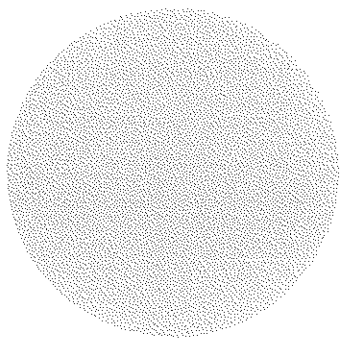
.....
.....
.....

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:

.....

.....