



MY GOALS

HEALTH

FINANCIAL

PERSONAL & PLEASURE

RELATIONSHIPS

WORK

OTHER

RULES

- 1. Be Specific** about what you want. Describe it in as much detail as possible.
- 2. Set deadlines** for the completion of your goals. Deadlines get things done.
- 3. Repeat and Read** your goals daily. Put them somewhere you can see them.
- 4. Tell other people** your new goals. This will make you feel more accountable.