

Your Life Goals and Measurable Steps

GOAL# <u>1</u> Date Started _____ Completed _____
Type of Goal (Select One): <input type="checkbox"/> Social <input type="checkbox"/> Emotional <input type="checkbox"/> Physical <input type="checkbox"/> Mental <input type="checkbox"/> Career <input type="checkbox"/> Financial <input type="checkbox"/>
21 DAY MEASURABLE STEP# <u>1</u> Date Started _____ Completed _____
Describe an action you will take to reach your goal: _____ _____ _____
21 DAY MEASURABLE STEP# _____ Date Started _____ Completed _____
Describe the action taken to reach your goal: _____ _____ _____
21 DAY MEASURABLE STEP# _____ Date Started _____ Completed _____
Describe the action taken to reach your goal: _____ _____ _____
21 DAY MEASURABLE STEP# _____ Date Started _____ Completed _____
Describe the action taken to reach your goal: _____ _____ _____
21 DAY MEASURABLE STEP# _____ Date Started _____ Completed _____
Describe the action taken to reach your goal: _____ _____ _____

What goal do you need to set next to make your life better and more satisfying?

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