

# This year, I will...

## MY GOALS:

## NEXT STEPS:

## DUE DATE:

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## LIFE GOALS, THEMES, NOTES:

### PERSONAL GOAL THEME EXAMPLES:

**WEALTH:** Livelihood & Lifestyle - career, fashion, home, influence, money, possessions, resources, style etc.

**HEALTH:** Body, Wellness, & Spirituality - fitness, food, mental health, relaxation, self-care, sensuality, soul, spirituality etc.

**HAPPINESS:** Creativity, Home, Learning, Local, Relationships, Service, & Travel - art, causes, community, education, family, friendship, gifts, hobbies, home life, music, romance, travel, volunteering etc.