

The Keys

DATE:

to Accomplishing All Your Goals Worksheet

1. The Purpose and Vision (you can do this on a vision board)

2. Stop setting too many goals. How does it make you feel when you see a lot of goals to check off? How do you feel when you see a lot of unchecked boxes? How do you want to feel instead?

3. Brain Dump Possible Next Steps

4. Choose your VERY next step in each area

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