

This year I will...

1. Choose goals that are specific and measurable.
2. Write out 3 action steps that will help you achieve each goal.
3. Add your action steps to your weekly plan/to-do list or morning/evening routine.

Goal #1:

Action step #1:

Action step #2:

Action step #3:

Goal #2:

Action step #1:

Action step #2:

Action step #3:

Goal #3:

Action step #1:

Action step #2:

Action step #3:

Goal #4:

Action step #1:

Action step #2:

Action step #3: