

THE BEST YEAR EVER!

Answer the following questions using the 6 Steps to Reaching Your Goals.

GOAL #1:

I want to be better at...

GOAL #2:

I will try harder to...

GOAL #3:

Before the end of
the year I want to...

GOAL #4:

I will practice...

GOAL #5:

I will learn to...

GOAL #6:

I will think more about...

GOAL #7:

I will not be
afraid to...

GOAL #8:

I will try to
remember to...

Name: _____

LONG TERM DREAMS vs. SHORT TERM GOALS

DREAMS & GOALS

Imagine your life in 10, or even 20 years from now. Imagine that anything is possible. Write down everything you want to happen.

DON'T HOLD BACK!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Based on your dreams... Choose the best goals for you to focus on right now.

GOAL #1: _____

Action Steps:

GOAL #2: _____

Action Steps:

GOAL #3: _____

Action Steps:

your dreams are
only your dreams until
you write them down.

...then they are **GOALS**.