

# GOALS

Having a vision of how you want your life to be in the coming months, year and beyond can be extremely powerful in helping to create the life you want. Please take a few minutes to identify three to five goals in each of the categories below (90-day, 1-year, and 5 to 10-year).

## *90- day goals*

1) Educational/Learning:

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2) Personal Growth:

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3) Financial/Business:

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4) Physical Health/Fitness:

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5) Career/Work/Professional:

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6) Spiritual:

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***1-year goals***

1) Educational/Learning

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2) Personal Growth

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3) Financial/Business

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4) Physical Health/Fitness

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5) Career/Work/Professional

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6) Spiritual

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***5-10 year goals***

1) Educational/Learning

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2) Personal Growth

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3) Financial/Business

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4) Physical Health/Fitness

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5) Career/Work/Professional

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6) Spiritual

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