

# My GOALS

## For 2019

Everything around you in your life right now once started out as just a thought, a desire, an inspired moment.

How will you make 2019 your best year yet?

The year that you look back on and think,

“Wow – I accomplished so much more than I ever thought possible. I got exactly what I wanted, and more!” The answer lies in goal-setting and action plans. You must get crystal clear on your goals for the next 365 days, write them down, and then create an action plan to move toward them and make them a reality. Setting goals is the first step in **turning the invisible into the visible**.

To set goals and to make them stick you can write down the following:

1. Your GOAL, be specific.
2. Why is this goal important to me?
3. What are 3 actions steps I am committed to taking toward achieving this goal?

To get you going, here are some examples of goals questions to ask yourself:

1. What 3 things would you really like to have in your life in the next year?
2. What would bring you pure pleasure or joy?
3. What are 3 ways you can enrich your life in the next year? Think about skills you want to master, characteristics you want to develop, relationships

you want to cultivate or deepen, and how you want to improve your health, advance your career and contribute to the world.

4. How can you grow towards the person you've always wanted to be?
5. What trips do you want to take and what experiences do you want to create?
6. What can you bring into your life this year that will add value to your days?
7. Write down your top 3 financial goals for the coming year below. Get specific:
8. How much money do you want to earn?
9. How will you grow your career and/or business?
10. What would you like to learn?
11. How much do you want to give?
12. Write down the goals that will make 2019 a financially rewarding year for you

The rest of this form is for you to use as a template to write down your goals and your committed steps.

Good luck and remember, the power lies a many small steps/things done right!

*Jan & Rose*

## GOAL #1

WHY:

ACTION:

- 1.
- 2.
- 3.

## GOAL #2

WHY:

ACTION:

- 1.
- 2.
- 3.

## GOAL #3

WHY:

ACTION:

- 1.
- 2.
- 3.

## GOAL #4

WHY:

ACTION:

- 1.
- 2.
- 3.

## GOAL #5

WHY:

ACTION:

- 1.
- 2.
- 3.

## GOAL #6

WHY:

ACTION:

- 1.
- 2.
- 3.

## GOAL #7

WHY:

ACTION:

- 1.
- 2.
- 3.

## GOAL #8

WHY:

ACTION:

- 1.
- 2.
- 3.