

# 2022 GOALS

start date: \_\_\_\_\_ / \_\_\_\_\_ / 2022

## visualize your happiest year and make it happen

Committing to your goals by writing them down is a key step in accomplishing them. Writing down at least one action that will get you started is a great way to break the logjam to help you take action.

This sheet will help you visualize what you want to accomplish and take action on it. Select the areas that you would like to work on in 2022.

**HOME**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

**HEALTH**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

**FITNESS**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

**WORK**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

**RELATIONSHIPS**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?

**HOBBIES**

DESCRIBE GOAL HERE:

WHAT'S ONE ACTION STEP TO GET THIS GOAL STARTED?