

2023 GOALS

start date: _____ / _____ / 2023

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 2023.

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?