





## MY GOAL

AREA OF LIFE (MIND, BODY, FINANCIAL, SPIRITUAL)	TODAYS DATE	DEADLINE	DATE ACHIEVED
<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <input type="checkbox"/></div> <div style="text-align: center;"> <input type="checkbox"/></div> <div style="text-align: center;"> <input type="checkbox"/></div> <div style="text-align: center;"> <input type="checkbox"/></div> </div>	MM/DD/YY	MM/DD/YY	MM/DD/YY
<b>THE GOAL</b> (SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, TIME-DATED)			
<b>WHAT FOUNDATIONAL PRINCIPLE(S) SUPPORTS THIS GOAL?</b>			
<b>BENEFITS TO ME FROM ACHIEVING THIS GOAL</b>			
<b>RESOURCES NEEDED</b> (SKILLS, KNOWLEDGE, TOOLS, MONEY, SUPPORT FROM OTHERS, ETC.)			
<b>POSSIBLE OBSTACLES</b>		<b>POSSIBLE SOLUTIONS</b>	
<b>ACTION STEPS</b>			<b>DEADLINE</b>
			MM/DD/YY
			<b>COMPLETE</b>
			MM/DD/YY

**I WILL COMMIT THE TIME, EFFORT AND MONEY TO REACH THIS GOAL.**

\_\_\_\_\_  
NAME

\_\_\_\_\_  
SIGNATURE