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GOAL SETTING WORKSHEET

Goals by area of life

NAME | GOALS FOR (YEAR OR PERIOD) | DATE SET | NEXT REVIEW

Area	My goal	Why it matters	Target date	First action
Work / career				
Money				
Health				
Relationships				
Learning				
Home				

IF I ONLY REACH ONE OF THESE GOALS, IT SHOULD BE

WHAT I WILL SAY NO TO, TO MAKE ROOM FOR THEM

REVIEW DATES