2017 GOALS

Physical CREATE: DO:	Purpose	Purpose CREATE: DO:
Mental CREATE: DO:	Mental	Spiritual CREATE: DO:
Relationships CREATE: DO:	Relationships Emotional Life Areas	Emotional CREATE: DO:
Financial CREATE: DO:	Social Career	Social CREATE: DO:
Organizational CREATE: DO:	Character Recreational	Career CREATE: DO:
Character CREATE: DO:		Recreational CREATE: DO:

INSTRUCTIONS

- 1. For each area, think of one word that describes what you want to CREATE.
- 2. Next, think of what you need to DO to make that happen.
- 3. Pick a few goals that are the most meaningful, and make them SMART.
- 4. Break the goals into smaller steps.
- 5. Track your progress.

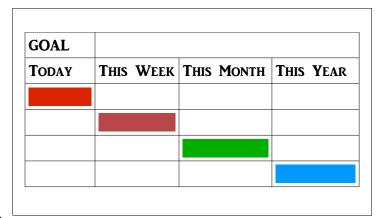
S pecific

M easurable

A chievable

R elevant

Time-bound



www.dailyplanit.com