

<b>Goal</b>	<b>date</b>
Life Area	
<i>What will fill life with value?</i>	
To increase value [            ]	
I will:	
By doing this:	
When? How often? How much?	
<b>Actions Steps</b> to do right now	
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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8.	
Success!	
Reward	

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GOAL MASTER LIST	
Physical	Mental
Spiritual	Relationships
Recreational	Social
Financial	Home

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