

Goals That Are Alive!

My Theme:

- [Insert Goal]:

Why:

How I will feel/Who I will be:

- [Insert Goal]:

Why:

How I will feel/Who I will be:

- [Insert Goal]:

Why:

How I will feel/Who I will be:

WHY = What will reaching this goal mean to me? How will my life be different?
HOW = How do I want to *feel* while accomplishing this goal? What attitude will I adopt?
WHO = Who will I be? What qualities will I call upon to reach this goal?