

GOAL-SETTING WORKSHEET

with Lisa Jacobs

WHAT DO I WANT TO CHANGE?

Five pillars for Harmonic Wealth. Credit: James Arthur Ray

- #1 Financial:
- #2 Spiritual:
- #3 Mental:
- #4 Physical:
- #5 Relational:

MAIN OBJECTIVES:

1. Break outworn patterns
2. Change what's not working
3. Create better results

*Apply each goal to
the following list:*

MAKE IT HAPPEN:

1. What do I really want?
2. Why is it important?
3. How will I get it?
4. What is preventing it?
5. How will I know it worked?

Credit: Tony Robbins

It's a New Year for a New You.

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