



ACTION : GOALS

Your Dreams blossoming into Goals

SMART: Specific, Measureable, Achievable, Realistic, Timely

Desired Emotions: How will achieving this goal feel?

Why: What does it deeply mean to you to achieve this goal

Repeat the exercise below for 3, 6 and 12 months. You can go further if you desire for longer term clarity.

LIFE ASPECT	SMART	HOW WILL ACHIEVING THIS GOAL FEEL?	WHY DO I WANT TO ACHIEVE THIS?
HEALTH	S M A R T		
RELATIONSHIPS	S M A R T		
WORK	S M A R T		
MONEY	S M A R T		