



Consider the following goal areas: heart, mind, body, soul, job, financial, other but don't be limited by these.

Example of a Body (Physical) Goal:		
I can wrestle with my great-grandkids.	Stay in shape by doing strength, aerobic and flexibility exercise 4-5 times per week.	<ul style="list-style-type: none"> <li>Buy a set of dumbbells and incline bench.</li> <li>Clear out the basement.</li> </ul>
<b>Heart:</b>		
<b>Mind:</b>		
<b>Body:</b>		
<b>Soul:</b>		
<b>Financial:</b>		
<b>Job &amp; Career:</b>		
<b>Other:</b>		

*“Do one important task every day consistent with your Purpose, Vision and Goals to change your life”.*  
Goals should be SMART (Specific, Measurable, Actionable, Realistic, Timed)