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"Life, Realigned"

Do You Write Down Your Goals?

The human mind is meant to be goal-oriented. To be our best, we **MUST** have specific goals.

Each year, write down goals in the following categories:

1-God/spirituality/life purpose

2-Abundance/financial/money

3-Love /relationships

4-Health

5-Professional

6-Joy/Recreation/Fun

For each category write 3 goals, one 'long term' (sometime in your lifetime) and 2 'short term' (completed by end of coming year).

Goals can overflow into more than one category. Make sure that each goal is 'S.M.A.R.T.' In other words, each goal must be:

Specific, Measurable, they must contain written '**Action** steps', they must be **Realistic** and they must have a specific due date or

Time line. Make a habit of writing specific goals and you will change your life for the better!

Categories→	God/life-purpose/spirituality	Abundance/\$	Love/relationships	Health	Professional	Joy/Recreation/Fun
Short term goal #1						
Short term goal #2						
Long term goal						
Action Steps						