

TRANSFORMATIONAL GOALS

TRANSFORMING YOUR GOALS FOR THE BODY, MIND & SPIRIT

My Main Goal will feed my Mind, Body or Spirit (Circle One): _____

What steps will I take to attain these goals? _____

What Long-Term Goal would I like to attain? _____

What steps will I take to attain these goals? _____

What Long-Term Goal would I like to attain? _____

What steps will I take to attain these goals? _____

What Short-Term Goal would I like to attain? _____

What steps will I take to attain these goals? _____

What Short-Term Goal would I like to attain? _____

What steps will I take to attain these goals? _____
