#TheFABLane 2015 *Goal* Action Sheet

What do I want in life?
Think about things that make you happy on a deep, lasting level.
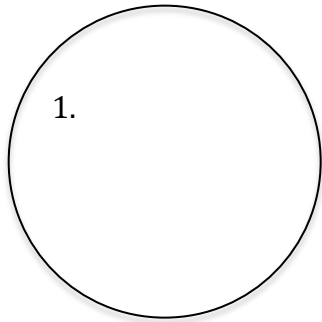
1. _____

2. _____

3. _____

What do I not want in my life?
Think about things that create blocks, take up time, cause stress and/or aren't appropriately supporting you.
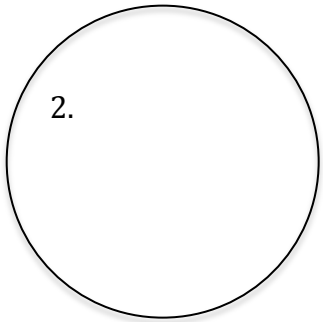
1. _____

2. _____

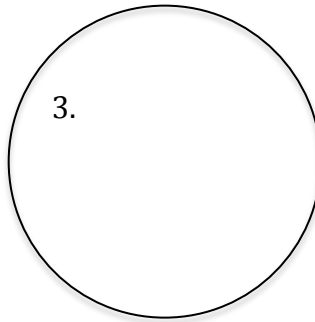3. _____

My Top 3 Priorities in Life Are

1.

2.

3.

My Top 3 Goals For 2015 Are…
You can mix these up, for example you can list all financial goals or 1 financial goal and 2 personal goals, they can be all personal goals. They can be whatever you want as long as they are <u>your</u> goals.

If I do nothing else, these 3 things would make 2015 a success? What would disappoint you if you didn't achieve it in 2015? Be specific.	This is WHY. What do you want this goal to happen? What are the benefits to you?	I will achieve it by? Use this date as a goal marker, not to beat yourself up with.	I will know that I have achieved my goal when…
1.		/ / 2015	
2.		/ / 2015	
3.		/ / 2015	

The ONE thing I will do for EACH goal starting this month is…

Use this section to write out one action you will complete towards each goal in the next month. This should be a small step in the direction of your goals that you can complete 100% . After you complete a goal, create a new one for the next month. Inch your way towards the finish line. *Remember, this is marathon, not a race.*

Goal 1 Action	By
Goal 2 Action	By
Goal 3 Action	By

Consider continuing your goal setting in a gratitude journal or making it a monthly practice with your accountability group.

I will start doing more of the following to achieve my goals.

_____
_____
_____
_____
_____
_____
_____
_____

I will do less of the following to achieve my goals.

_____
_____
_____
_____
_____
_____
_____

☐ I am committed to achieving the goals listed above in 2015

Signature_____

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