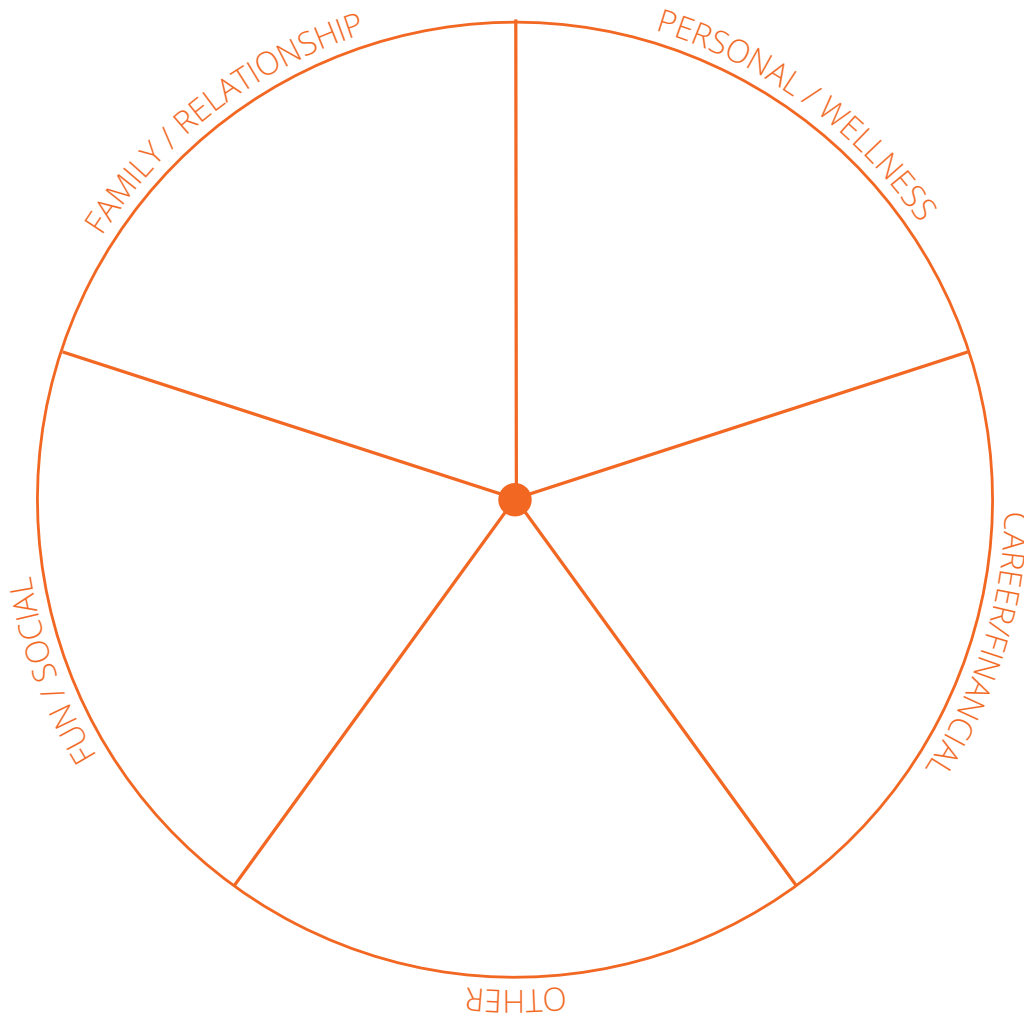




MY GOALS FOR THE YEAR

Consider all the areas that are important to you. (Revise any as you wish.)

Consider what you want to accomplish and how you want to feel about each of these areas of your life. Take some time to reflect on why it's important to you.



Now visualize yourself as if you've already accomplished these goals. Feel gratitude as if it's already happened. Each month you can plan for these areas in your life using the monthly planner.

Use the journal section to write and feel gratitude for the goals you are striving toward.

If you are not scared, you aren't doing anything big.

-J. P. Morgan