



## **GOAL SHEET**

Here is your idea generator!

Work on developing yourself in key areas of your life.

- body and health
- meaning and spirituality
- crossroads and decisions
- family, relationships, romance
- fun, recreation, social-money, community
- education, work, career, professional development

Make your GOALS SMART: Specific, Measurable, Achievable, Relevant and Time-sensitive.

Remember outcome goals are big picture. Break it out to actions that become habit based to get the outcome goals you desire.

### **2017**

January

February

March

April

May

June

July

August

September

October

November

December

**2018**

January

February

March

April

May

June

July

August

September

October

November

December

**2019**

January

February

March

April

May

June

July

August

September

October

November

December

**2020**

January

February

March

April

May

June

July

August

September

October

November

December

**2021**

January

February

March

April

May

June

July

August

September

October

November

December

**2022 – 5 year Goals**

**Top Three Things:**

## Work

1.

2.

3.

## Personal

1.

2.

3.

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it's time! Fitness Results

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