



GOAL SETTING

12 Month Plan

In this activity we will be breaking your goals into three different sectors and then breaking them down even further. Plus adding some rewards for that extra motivation.

Goal Sector	Business	Lifestyle	Health
What is your first goal?			
List up to 4 supporting mini-goals to achieve this.			
What is your second goal?			
List up to 4 supporting mini-goals to achieve this.			
What is your third goal?			
List up to 4 supporting mini-goals to achieve this.			

List 3 micro goal rewards

List 3 mini goal rewards

List 3 major goal rewards
