

Cool Chick Goal Setting

Forget resolutions, set goals! When setting goals it's important to really feel what the achievement will bring to your life, and setting a date for completion. We've broken goals into four categories that will help you rock the new year! Here's to being Fearless, Focused and Fabulous!

Personal Development Goals (Pick three):

1. _____ Will be complete by: _____
2. _____ Will be complete by: _____
3. _____ Will be complete by: _____

Explain in detail what life is like with these goals achieved (how will you feel):

What words describe the feeling of achieving these goals? (choose words that motivate you):

What steps will you take to achieve these goals (starting today!):

1. _____
2. _____
3. _____

Adventure Goals (Pick three):

1. _____ Will be complete by: _____
2. _____ Will be complete by: _____
3. _____ Will be complete by: _____

Explain in detail what life is like with these goals achieved (how will you feel):

What words describe the feeling of achieving these goals? (choose words that motivate you):

What steps will you take to achieve these goals (starting today!):

1. _____
2. _____
3. _____

Career/Business/Economic (Pick three):

1. _____ Will be complete by: _____
2. _____ Will be complete by: _____
3. _____ Will be complete by: _____

Explain in detail what life is like with these goals achieved (how will you feel):

What words describe the feeling of achieving these goals? (choose words that motivate you):

What steps will you take to achieve these goals (starting today!):

1. _____
2. _____
3. _____

Contribution Goals (Pick three):

1. _____ Will be complete by: _____
2. _____ Will be complete by: _____
3. _____ Will be complete by: _____

Explain in detail what life is like with these goals achieved (how will you feel):

What words describe the feeling of achieving these goals? (choose words that motivate you):

What steps will you take to achieve these goals (starting today!):

1. _____
2. _____
3. _____