

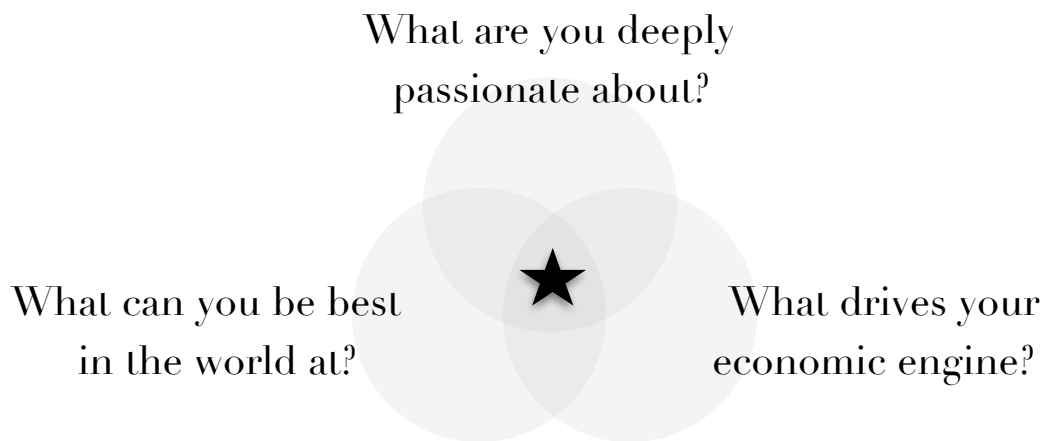
MY GOALS

Create a Vision Statement

Where would you like to be in 5-10 years? What does your life look like?

Find Your “Hedgehog”

Where do these three circles converge? Find out more about the [Hedgehog Concept](#).



What I Value Most Is:

- 1.
- 2.
- 3.
- 4.
- 5.

Set S.M.A.R.T. Goals

Specific, Measurable, Attainable, Realistic, Timely

E.g.

- I have published three articles with X Magazine by December 2016.
- I get outdoors for recreation and exercise 2 x per week by June 2016.

Categories are your choice and can include Health/Fitness, Work, Nutrition, Personal, Spiritual, Relational, etc.

	Category:	Category:	Category:
Short Term (3 months to 1 year)			
Medium Term (1-2 years)			
Long Term (5-10 years)			