

- How to use this worksheet -

Spend 15-20 minutes writing out all the goals you think you want to accomplish for next year and put them in the corresponding category. Don't limit yourself, try and think about what you really want and don't let fear of failure hold you back. Write down your wildest dreams, crazy ideas, any and everything you think you want to do in the following year.

Faith

Family/Friends

Finances

Freedom

Fitness