

## **My 20\_\_\_\_ Goals**

### **Mental**

- 1.
- 2.
- 3.

### **Emotional**

- 1.
- 2.
- 3.

### **Spiritual**

- 1.
- 2.
- 3

### **Physical**

- 1.
- 2.
- 3

### **Marital**

- 1.
- 2.
- 3

### **Familial**

- 1.
- 2.
- 3

### **Children**

- 1.
- 2.
- 3

## **Social (friends)**

- 1.
- 2.
- 3

## **Work/Business**

- 1.
- 2.
- 3

## **Stress Management/mindfulness**

- 1.
- 2.
- 3

## **Nutrition/Diet**

- 1.
- 2.
- 3

## **Sleep**

- 1.
- 2.
- 3

## **Fun/Play**

- 1.
- 2.
- 3

## **Travel**

- 1.
- 2.
- 3

## **Rejuvenation**

- 1.
- 2.
- 3

## **Project (household)**

- 1.
- 2.
- 3

## **Project**

- 1.
- 2.
- 3

## **Volunteer**

- 1.
- 2.
- 3

## **Love Acts (Acts of Kindness)**

- 1.
- 2.
- 3