

# Congrats on meeting your future goals!

## Why you need this template

You must write down your goals. Science and thousands of research hours have repeatedly confirmed the power of writing down goals. One study in 2016 found, you become 42% more likely to achieve your goals and dreams, simply by writing them down on a regular basis.

## How to use the template quickly

Be purposeful about your time. Find 25-35 minutes when you can think clearly. There are 8 categories: Finances, Work, Education, Spiritual, Health, Home Projects, Family and Spiritual. Set a timer for 3 minutes *for each section*. Don't overthink and get stuck with "what ifs" and worry.

3 minutes for each section. That's it. You can go back and adjust or fine-tune but please don't over-analyze.

Print the document (pages 2-3 only) double sided if possible.

Dream big but be realistic. Be specific and challenge yourself.

You can do this! Live with intent!





# Annual Family Goals

"A man without self-control is like a city broken into and left without walls." Prov 25:28

## FINANCES

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## WORK

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## EDUCATION

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## SPIRITUAL

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# Annual Family Goals



"Commit to the **LORD** whatever you do, and he **will** establish your plans Prov 16:3

## HEALTH

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## HOME PROJECTS

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## FAMILY

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## KIDS

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"For the moment **all discipline** seems painful rather than pleasant, **but later** it yields the peaceful fruit of righteousness to those who have been trained by it." Heb 12:11