





What are your 3 main priorities for your life over the next 3 months? You will work on prioritizing and developing action items for each of them from what you learn in this group.

MAIN GOAL 1	ACTION STEPS
DUE DATE:	
MAIN GOAL 2	ACTION STEPS
DUE DATE:	
MAIN GOAL 3	ACTION STEPS
DUE DATE:	

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HEALTH

Tegories

What are your 3 main priorities for each of the categories below? You can work on prioritizing and developing action items for each of them.

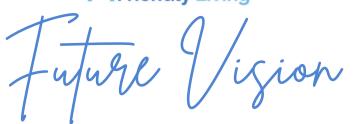
BUSINESS

DEDCONAL

PERSONAL	BUSINESS	HEALIH
FINANCES	RELATIONSHIPS	SPIRITUAL

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Paint a future vision of your life to give you clarity and confidence for what's to come. Define and use what you learn in this group to work towards them each day.

	WHERE DO YOU WANT TO BE IN 3 MONTHS?
HEALTH & WEIGHT	
QUALITY OF LIFE	
	WHERE DO YOU WANT TO BE IN 6 MONTHS?
HEALTH & WEIGHT	
QUALITY OF LIFE	
	WHERE DO YOU WANT TO BE IN 1 YEAR?
HEALTH & WEIGHT	
QUALITY OF LIFE	

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