

# GOAL LIST

KEEP IT SIMPLE. KEEP IT SHORT. KEEP IT DOABLE.

## SPIRITUAL

---

---

---

## MEALS

---

---

---

## EXERCISE

---

---

---

## WORK

---

---

---

## HOME

---

---

---

## FAMILY

---

---

---

## SOCIAL

---

---

---

## SERVICE

---

---

---

## SELF

---

---

---

## OTHER

---

---

---

## OTHER

---

---

---

## OTHER

---

---

---