

# GOALS WORKSHEET!

## BRAINSTORM

Get ready to set those goals!  
On a separate piece of paper,  
write down any goal or intention  
that comes to mind.  
No need to edit your thoughts.  
Write them ALL down!

Now choose the  
3 things you **MOST**  
want to accomplish  
in 2018 and write  
them below.

NARROW YOUR FOCUS

my **TOP 3**

1

2

3

## MAIN FOCUS

SECONDARY

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