

GOAL SETTING SHEET

Spring Clean YOUR Life!

To commit to your life "Spring Clean", complete this summary sheet below:



Spring Clean Your Life GOAL-SETTING SHEET

THE ONE THING (GOAL)

My **3 New DAILY SUCCESS HABITS** are:

1. _____
2. _____
3. _____

My **Top 3 Goals to "Spring Clean" my Life** are:

1. I _____ by _____
2. I _____ by _____
3. I _____ by _____

The **BENEFITS to Me** of My GOALS are:
Think of one inspiring benefit for each Top 3 goal.

1. _____
2. _____
3. _____

My **3 KEY Action Steps** are:
Choose one KEY action for each of your Top 3 Goals.

1. _____
_____ by _____
2. _____
_____ by _____
3. _____
_____ by _____

I will LET GO of:

You might want to let go of; limiting beliefs, bad habits, energy zappers, someone in your life or something else!

1. _____
2. _____
3. _____

Signed: _____

Date: _____

THOUGHT

*"To think creatively, we must be able to look afresh
at what we normally take for granted."*

George Kneller

STAY ON TRACK

Now you have completed this Summary Sheet, cut it out and put it somewhere you will see it regularly like your fridge or bathroom mirror.