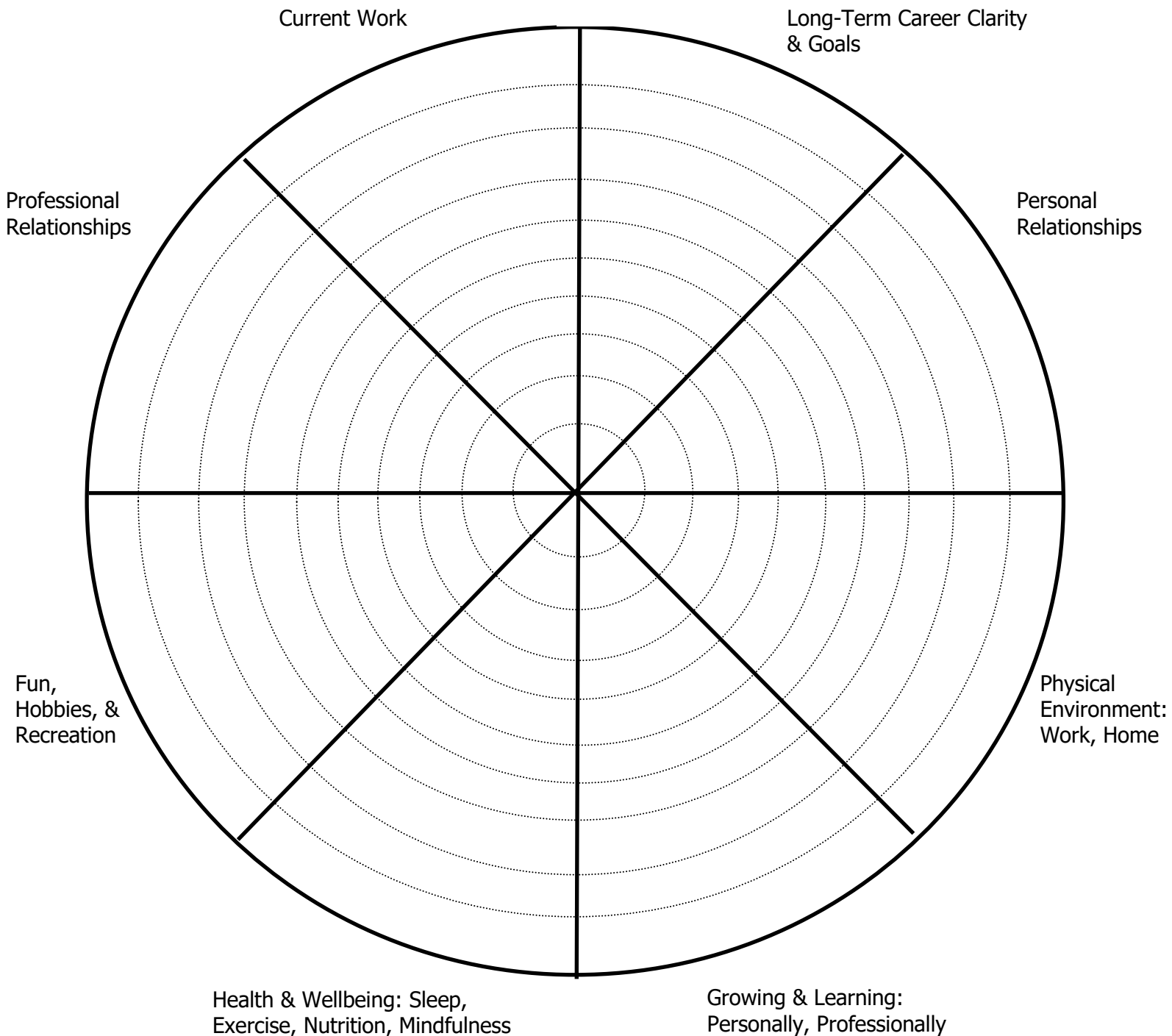


Goal Setting to Create Your Best Life

Each section of the wheel represents an aspect of life. Rate each section on how well it's going for you, on a scale from 0 to 10, where 0 (center of the circle) means it is horrible and 10 (outer edge) means it's perfect.



My Personal Action Plan

1. The area I want to focus on is:

Here's what it's like now:

2. Here's what it would be like if it were a "10":

3. Here's what it would be like if it were only one number higher:

To move up, one action step I can take is:

4. The personal values I am honoring are:

5. The permission I want to give myself is:

6. The people I might need help from are:

7. The story I want to tell about this time is: