

Step 1 - Brainstorm Goals

Step 2 - Prioritize Goals

Number your goals in order of priority - 1,2,3, etc...

If two goals are both number 1 priority, that is fine.

Step 3 - Write down top 3 goals

Then, write down 3 action steps or tasks that you can take to help take you in the direction of accomplishing that goal. Practice only focusing on your top 3 goals at any one time. This will allow your mind to focus and attract these goals faster into your life.

1. _____

a. _____

b. _____

c. _____

2. _____

a. _____

b. _____

c. _____

3. _____

a. _____

b. _____

c. _____