

100 GOALS

This is an opportunity to push past the usual 3-15 annual goals that we set for ourselves. This exercise is designed to make you stretch and include audacious goals. Make this a combination of small goals and huge goals...from buying a new pair of shoes to having a private meeting with the world leader you most admire. Keep this in a visible place where you see it regularly. You will be amazed in a year by how many goals you have accomplished.

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100 GOALS

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100 GOALS

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“ALL MY LIFE, I WANTED TO BE SOMEBODY.
NOW, I SEE I SHOULD HAVE BEEN **more specific.**”

LILY TOMLIN, ACTRESS & COMEDIAN

SPIRIT WARRIOR GOALS

Make your goals Specific, Measurable, Attainable, Realistic and Time Specific.

GOAL 1. _____

WHY IS THIS GOAL IMPORTANT? HOW WILL YOU FEEL WHEN YOU ACHIEVE IT?

ACTION STEPS TO ACCOMPLISH GOAL:

1. _____
2. _____
3. _____
4. _____
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7. _____
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10. _____

AFFIRMATION FOR THIS GOAL:

SPIRIT WARRIOR GOALS

Make your goals Specific, Measurable, Attainable, Realistic and Time Specific.

GOAL 2. _____

WHY IS THIS GOAL IMPORTANT? HOW WILL YOU FEEL WHEN YOU ACHIEVE IT?

ACTION STEPS TO ACCOMPLISH GOAL:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

AFFIRMATION FOR THIS GOAL:

SPIRIT WARRIOR GOALS

Make your goals Specific, Measurable, Attainable, Realistic and Time Specific.

GOAL 3. _____

WHY IS THIS GOAL IMPORTANT? HOW WILL YOU FEEL WHEN YOU ACHIEVE IT?

ACTION STEPS TO ACCOMPLISH GOAL:

1. _____
2. _____
3. _____
4. _____
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6. _____
7. _____
8. _____
9. _____
10. _____

AFFIRMATION FOR THIS GOAL:
