

CREATE YOUR

ANNUAL

ACTION PLAN

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DREAM • BELIEVE • ACHIEVE

OVERVIEW

MY BIG DREAM IS TO:

MY BODY, MIND AND HEALTH GOALS FOR THIS YEAR ARE TO:

MY OTHER GOALS (E.G. CREATIVE) FOR THIS YEAR ARE TO:

MY PERSONAL MANTRA FOR THE YEAR IS:

MONTHLY PLAN

MY GOALS FOR: _____ (put month here)

I WILL DO THESE THINGS TO BRING ME CLOSER TO MY DREAM:
(e.g. "Draft three chapters of my book" or "Meet with professor about grad school application")

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I WILL DO THESE THINGS TO CREATE A HEALTHIER,
HAPPIER LIFE EXPERIENCE:
(e.g. "Exercise three times per week" or "Make & eat one vegetarian meal per week")

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OTHER GOALS I WILL ALSO WORK ON:
(e.g. "Start and finish one oil painting" or "Sign up for a songwriting class")

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KEY
GOALS/MILESTONES:
(e.g. "Launch web site")

- ❖
- ❖
- ❖

AFFIRMATIONS:

- ❖
- ❖
- ❖

WEEKLY ACTION ITEM BREAKDOWN

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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DAILY PLAN

MY TOP 3 GOALS FOR TODAY:

1.

2.

3.

TODAY'S "TO-DO" LIST

I'M GOING TO TAKE THESE STEPS
TO MAKE MY DREAMS HAPPEN!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

NOTES & THOUGHTS:

WHAT WENT WELL REALLY WELL TODAY AND WHAT I AM GRATEFUL FOR TODAY:

"IF YOU CAN DREAM IT AND BELIEVE IT, YOU CAN ALWAYS ACHIEVE IT!"

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LONG-TERM GOALS

IN TWO YEARS I WILL:

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IN FIVE YEARS I WILL:

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IN TEN YEARS I WILL:

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