

_____ 's Lifetime Lifestyle Diary

2012 New Year Goal Setting Work Sheet

	Goal	Why?	Steps to take and things to do	Support needed
Spiritual				
Family				
School/ Education				
Career				
Health				
Charitable				
Other				

Now, choose ONE to focus on each month, plug your "to do list" into your 2012 calendar and get started...make sure you have some accountability!

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Spiritual

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Other

