

**GOALS for an Extraordinary 2017**

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|  | **Long Term**  **(1 year)** | **1 month** | **Action Steps** |
| **Body/ Nutrition** | 1.  2. | 1.  2. | 1.  2.  3.  4.  5. |
| **Mind** | 1.  2. | 1.  2. | 1.  2.  3.  4.  5. |
| **Spirit** | 1.  2. | 1.  2. | 1.  2.  3.  4.  5. |
| **Relationships** | 1.  2. | 1.  2. | 1.  2.  3.  4.  5. |
| **Home** | 1.  2. | 1.  2. | 1.  2.  3.  4.  5. |
| **Work** | 1.  2. | 1.  2. | 1.  2.  3.  4.  5. |

Accountability Partner: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SMART Goals

Specific, Measurable, Attainable, Relevant, Timely

*“Therefore encourage one another and build each other up, just as in fact you are doing.” 1 Thessalonians 5:11*