GOALS 2023

YOU DON'T HAVE TO WONDER IF 2023 WILL BE BETTER? YOU GET TO DECIDE.

YOU ARE EMPOWERED TO CREATE THE LIFE YOU WANT TO LIVE

INSIDE YOU KNOW WHAT IT WILL TAKE TO GET YOU THERE, BUT PERHAPS YOU NEED A LAUNCHING PAD, A CLEAR FOCUS OR THE ENCOURAGEMENT TO DREAM BIG?

Consider these questions for 2023

I want more of this	
I actually need this	
I WILL NOT ACCEPT	_
I love	
I'm hoping for	
I want to improve my self care doing this	-
my biggest challenge(s) this year is	-



LIFE

INTENTIONS 2023

WORKSHEET

WHAT ARE MY TOP PRIORITIES	WORD FOR 2023
1	THE WOMAN I WNAT TO BE IS
2	
3	
4	
(5)	
WHERE DO I START?	3 QUALITIES I WANT TO GROW
SPIRITUAL GOALS	
FAMILY GOALS	
FRIENDSHIP GOALS	
PHYSICAL GOALS	
FINANCIAL GOALS	INSPIRATIONS
SELF CARE GOALS	
PERSONAL GOALS	
CAREER/BUSINESS GOALS	
SOCIAL GOALS	
CREATIVE GOALS	
OTHER GOALS	I ALIRE

MY CHALLENGE GOAL IS...