

Year ()

HEART & MIND LAB
HEARTANDMINDLAB.IN/

goals & dreams

1 My number one goal this year is: _____

I need to take these steps to reach it:

- 1 _____
- 2 _____
- 3 _____

2 My second goal this year is: _____

I need to take these steps to reach it:

- 1 _____
- 2 _____
- 3 _____

3 My third goal this year is: _____

I need to take these steps to reach it:

- 1 _____
- 2 _____
- 3 _____