

Vision and Goals

1. Personal/Spiritual

Create a Vision Statement and then set some goals to achieve your Vision.
You can work on this alone or with your Coach.

Create a Vision Statement for your Personal/Spiritual Well-being

The Vision for my Personal/Spiritual Growth and Well-being is...

Set some Goals for your Personal/Spiritual Well-being

[illegible]

2. Health & Fitness

Create a Vision Statement and then set some goals to achieve your Vision.

You can work on this alone or with your Coach.

Create a Vision Statement for Health and Fitness

The Vision for my Health and Fitness is...

Set some Goals for Health and Fitness

[illegible]

3. Finances & Wealth

Create a Vision Statement and then set some goals to achieve your Vision.
You can work on this alone or with your Coach.

Create a Vision Statement for your Finances and Wealth

The Vision for my Finances and Wealth is...

Set some Goals for your Finances and Wealth

[illegible]

4. Career/Business

Create a Vision Statement and then set some goals to achieve your Vision.
You can work on this alone or with your Coach.

Create a Vision Statement for your Career or Business:

The Vision for my Career/Business is...

Set some Goals for your Career or Business

[illegible]

5. Family & Friends

Create a Vision Statement and then set some goals to achieve your Vision.
You can work on this alone or with your Coach.

Create a Vision Statement for Family and Friends

The Vision for the life I want to experience with my Family and Friends is...

Set some Goals for Family and Friends

[illegible]

6. Physical Environment

Create a Vision Statement and then set some goals to achieve your Vision.
You can work on this alone or with your Coach.

Create a Vision Statement for your Physical Environment

The Vision for my Physical Environment (home, car, etc.) is...

Set some Goals for your Physical Environment

[illegible]

7. Fun & Recreation

Create a Vision Statement and then set some goals to achieve your Vision.
You can work on this alone or with your Coach.

Create a Vision Statement for the Fun and Recreation you Desire

The Vision I have for experiencing more Fun and Recreation is...

Set some Goals for Fun and Recreation

[illegible]

8. Love Life

Create a Vision Statement and then set some goals to achieve your Vision.
You can work on this alone or with your Coach.

Create a Vision Statement for your Love Life

The Vision I have for my Love Life is...

Set some Goals for your Love Life

[illegible]