**name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date:\_\_\_\_\_\_\_\_\_**

**A goal inspires you to create what does not already exist. Your goals should excite & even scare you –lululemon.**

|  |  |  |  |
| --- | --- | --- | --- |
| **GOALS** | health. | career. | personal. |
| **1 year** | by\_\_\_\_\_\_\_\_\_ | by\_\_\_\_\_\_\_\_\_ | by\_\_\_\_\_\_\_\_\_ |
| **3 year** | by\_\_\_\_\_\_\_\_\_ | by\_\_\_\_\_\_\_\_\_ | by\_\_\_\_\_\_\_\_\_ |
| **5 year** | by\_\_\_\_\_\_\_\_\_ | by\_\_\_\_\_\_\_\_\_ | by\_\_\_\_\_\_\_\_\_ |

* **Set Goals!**
* **Write in < 15 words, starting with I, & in present tense!**
* **Voice!**
* **Post somewhere visible!**
* **Focus on daily!**