



LION'S HEART™ GOAL PLANNER

Brainstorm the goals you want to plan and work toward achieving this year. Then, refer back to this sheet at the start of each month to check in with where you are and what next steps you can take to complete your goals.

	WHERE AM I RIGHT NOW?	WHAT DO I WANT TO ACHIEVE?	WHAT STEPS DO I NEED TO TAKE?
PHYSICAL HEALTH			
PERSONAL FINANCE			
WORK/ CAREER			
RECREATION OR TRAVEL EXPERIENCES			
FAMILY/ FRIENDS			
ROMANTIC			
HOBBIES/ SKILLS			
IF I COULD ONLY COMPLETE ONE THING BY THE END OF THE YEAR, IT WOULD BE:			