

LIFE GOALS

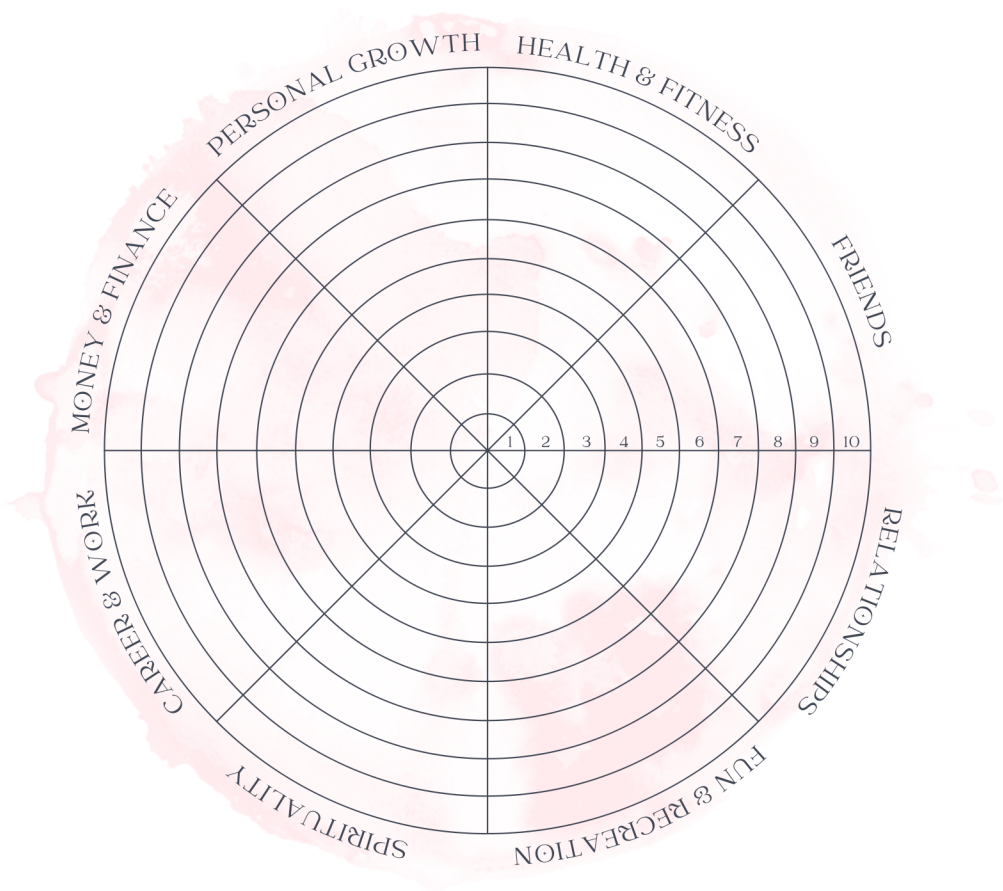
For each of the categories below, write down things you are doing well and where you need improvement. Take the time to reflect on these, and write a goal for each category.

| CATEGORY | WHAT I'M DOING WELL | WHERE I NEED IMPROVEMENT | MY GOALS |
|------------------|---------------------|--------------------------|----------|
| FRIENDS | | | |
| PERSONAL GROWTH | | | |
| RELATIONSHIPS | | | |
| CAREER & WORK | | | |
| MONEY & FINANCE | | | |
| HEALTH & FITNESS | | | |
| FUN & RECREATION | | | |
| SPIRITUALITY | | | |



WHEEL OF LIFE

The wheel of life is a great tool that helps you better understand what you can do to make your life more balanced and to identify areas for improvement. Go through the 8 categories below, and rate their level of satisfaction on a scale from 1 - 10. connects the dots to create a visual representation of your life balance.



DEFINE YOUR GOALS

Write down the goal you want to achieve, the reason why it is important to you, and the measurable outcome.

Goal:

Why it's important:

Measurable outcome:

What stands in your way:

What habits do you need to keep in order to achieve this goal?

What habits might slow me down in achieving them?

TIP FOR GOALS:

Home environment
Spiritual
Mental health
Physical health

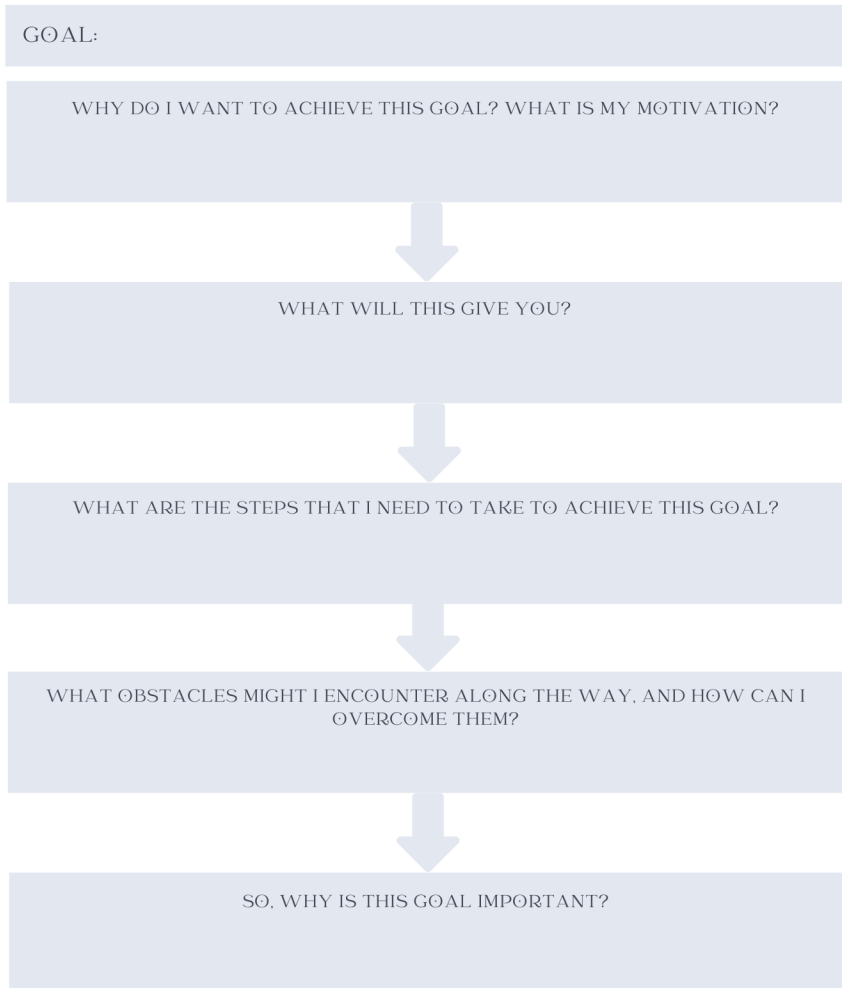
Career & Business
Personal growth
Financial
Relationship



UNDERSTANDING

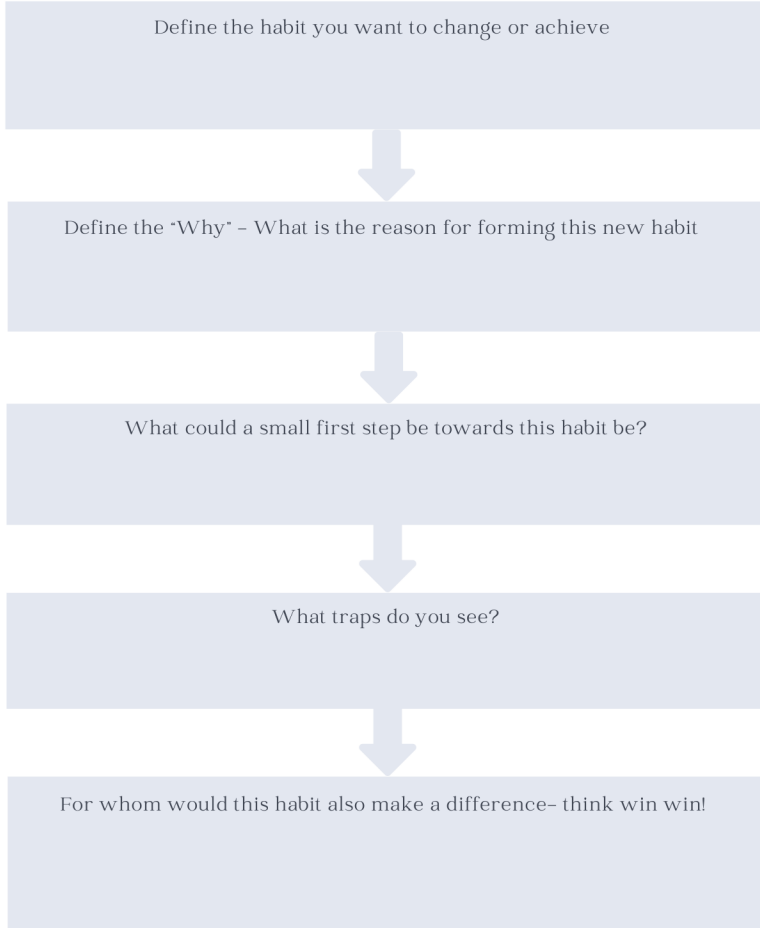
GOALS

Achieving our goals is dependent on whether we take action.
Use the table below to understand the "why" of your goals.



HABIT DEFINITION

To form a new habit you can use this form



TIP

- Make things as automatic as possible
- Create a reminder for this habit
- Plan for FAILURE
- Beware Of loopholes
- Track your progress and celebrate it

SMART GOALS

When setting goals, make sure it follows the SMART structure. Use the questions below to create your goals. This will help you stay focused and motivated as you work towards achieving your goals. Additionally, it's important to break down your ultimate goal into smaller, specific, and achievable mini-goals

S

Specific

What do I want to accomplish?

M

Measurable

How will I know when it is accomplished?

A

Achievable

How can the goal be accomplished?

R

Relevant

Does this seem worthwhile?

T

Time bound

When can I accomplish this goal?



My PERSONAL
Journal

Fill this journal with all your personal notes!
The Journal from JuJuSkyline Books includes a self-care section, routine and habit section, Life notes Section and a workout section.

All sections include great tool for you to fill out or think about.
Personalize your journal with notes on the go.

