
WEEK #

This week's goal is

It is in line with my monthly goal of

which is in line with this year's goal of

which I made to take me to my ultimate BLISS vision of

MY WORD OF THE WEEK IS

ONE THING I WILL DO TO NOURISH MY SOUL THIS WEEK IS

ONE THING I WILL DO TO GIVE BACK TO OTHERS THIS WEEK IS

1 YEAR PLANNING

Now, based on what you wrote above do the same exercise written in the present tense for where you imagine yourself in one year that would put you in line with reaching your five and ten year visions.

WHO IS IN YOUR LIFE? DESCRIBE THE PEOPLE AND THE QUALITY OF THE RELATIONSHIPS.

WHAT IS YOUR PROFESSIONAL LIFE LIKE AND FINANCES?

DESCRIBE YOUR HOME AND THE OBJECTS YOU OWN.
