

TOTALLY FULFILLED

It's Easier Than You Think!

MASTER GOAL SHEET

1. Develop goals with reason & let go of your past if it does not serve you.
2. Become a doer, be grateful & forgive yourself and others.
3. Write a list of the things you love to do and the person you love to be.

4. Write a list of ALL the goals you want to achieve.

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5. Pick your *top nine* goals and write the reasons why you must achieve them.

Category I Goal: _____

Reason: _____

Feeling: _____

Goal: _____

Reason: _____

Feeling: _____

Goal: _____

Reason: _____

Feeling: _____

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Top nine goals continued...

Category II Goal: _____

Reason: _____

Feeling: _____

Goal: _____

Reason: _____

Feeling: _____

Goal: _____

Reason: _____

Feeling: _____

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Top nine goals continued...

Category III Goal: _____

Reason: _____

Feeling: _____

Goal: _____

Reason: _____

Feeling: _____

Goal: _____

Reason: _____

Feeling: _____
