

MY LIFE GOALS

Dream Bigger Exercise

If I did [insert goal] my life would feel amazing!

My goal today is:

My goal for this week is:

My goal for this year is:

My goal in 3 years is:

My goal in 5 years is:

My goal in 10 years is:

I encourage you to do this exercise every 6 months to see what has changed for you – and maybe see how much closer you are to your goal or if life has taken you in a new direction, make new goals.

I hope you reach all your goals! Enjoy, be smart & work hard.

-BeBetter.Coach