

Financial Goals	Who I need to become	Expand/start good habits	Stop poor habits
Routines			

Physical Goals	Who I need to become	Expand/start good habits	Stop poor habits
Routines			

Personal development goals	Who I need to become	Expand/start good habits	Stop poor habits
Routines			

Family Goals	Who I need to become	Expand/start good habits	Stop poor habits
Routines			

Spiritual Goals	Who I need to become	Expand/start good habits	Stop poor habits
Routines			

Social goals	Who I need to become	Expand/start good habits	Stop poor habits
Routines			

Business and career goals	Who I need to become	Expand/start good habits	Stop poor habits
Routines			

5 year	3 year	1 year

1 st quarter	2 nd quarter	3 rd quarter	4 th quarter