

Goals with Soul Planner

*FOLLOW YOUR DREAMS,
THEY KNOW THE WAY.*

Month: _____

INTENTION SETTING:

What do I want to accomplish? How will this make me feel?

WHY IS THIS GOAL IMPORTANT?

WHAT HABITS DO I NEED TO ADD/REMOVE TO ACHIEVE THIS GOAL?

INSPIRED ACTION

What are 3 actions I feel committed to taking this month that will bring me closer to my goal?

FEARS & OBSTACLES

What are the potential obstacles that could get in my way and how will I handle them?

HOW DO I WANT TO SEE MYSELF THIS MONTH?

CELEBRATE

How will I celebrate myself?