



# 2019 Goal Setting Plan

*Vision Statement Goes Here*

## Core Values

What's important to you? In other words, what are your core values? Your values make you do the things that are often not easy to do. You don't want to live life based on somebody else's values.

- 1.
- 2.
- 3.
- 4.
- 5.

## Goals

What are your "BIG 5" for the year? (Top 5 goals within the next 12 months)

- 1.
- 2.
- 3.
- 4.
- 5.

## Reasons

What are your 5 most compelling reasons to hit those goals and elevate your life?

- 1.
- 2.
- 3.
- 4.
- 5.

## Key Behaviors

What are your key behaviors and habits you must develop?

- 1.
- 2.
- 3.
- 4.
- 5.

Signature \_\_\_\_\_ Date \_\_\_\_\_