

Goal Setting & Manifestation

Date:

Define Your Goals

What specific goals do you want to achieve? Consider different areas of your life such as career, personal growth, relationships, health & finance.

Area of life

Specific Goal

Area of life

Specific Goal

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Actionable Steps

List the actions you need to take to achieve each goal. Think about the little things that will lead to your desired outcomes!

Goal: _____

Action Steps:

Goal: _____

Action Steps:

Goal: _____

Action Steps:

Goal: _____

Action Steps:

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Obstacles & Solutions

Identify potential obstacles that might hinder your progress, and think of solutions or ways that you might overcome them.

Goal:

Potential Obstacles

Solutions

Notes
