





## Define 1-3 Long term Goals for Each Area of Your Life

**Mindset**

**Actions**

**Fill Your Tank/Self Care**

**Relationships**

**Faith Spiritual Time**

**Implementation**

**Define 1 Goal for Each Area of Your Life You Will Focus on this Week**

**Mindset**

**Actions**

**Fill Your Tank/Self Care**

**Relationships**

**Faith Spiritual Time**

**Implementation**