

Change

your  
STORY

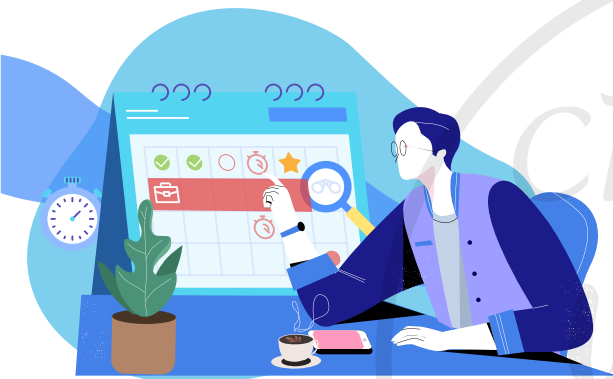


[www.CentreForWeightLoss.com.au](http://www.CentreForWeightLoss.com.au)  
*Trasnforming Lives...Everyday*



How will you make this year your best year yet?

The year that you look back on and think, "Wow – I accomplished so much more than I ever thought possible. I got exactly what I wanted, and more!"



The answer lies in **goal-setting and action plans**. You must get crystal clear on your goals for the next 365 days, write them down, and then create an action plan to move toward them and make them a reality.

*I have always believed, "If you talk about it, it's a dream, if you envision it, it's possible, but **if you schedule it, it's real.**"*

Make your goals real with this Goal Blueprint worksheet. Use it to focus on three key areas of your life:



Personal Health & Growth



Achievements & Experiences



Financial Freedom & Rewards

Whether it is your health, relationships or finances, everything around you in your life right now, once started out as just a thought, a desire, an inspired moment. You now have the power to take your current thoughts and turn them into a tangible, promising future.

Create your compelling future. Build the life of your dreams. Make goals that will drive you – goals with some power behind them. After all, goals are just dreams with deadlines.

As you approach this exercise, be sure to put yourself in a positive, peak state. Have absolute faith and expectation that you can create anything you want in your life. Be enthusiastic. Be ambitious! Reach for the outer limits of what you believe you can achieve in one year. Find your place among the stars.

# PERSONAL HEALTH & GROWTH

What are 3 ways you can enrich your life in this year? Think about skills you want to master, characteristics you want to develop, relationships you want to cultivate or deepen, and how you want to improve your health, advance your career and contribute to the world. How can you grow towards the person you've always wanted to be?

## GOAL #1

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Why is this goal important to me?

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What are three action steps I am committed to taking toward achieving this goal?

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## GOAL #2

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Why is this goal important to me?

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What are three action steps I am committed to taking toward achieving this goal?

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## GOAL #3

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Why is this goal important to me?

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What are three action steps I am committed to taking toward achieving this goal?

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# ACHIEVEMENTS & EXPERIENCES

What are 3 ways you can enrich your life in this year? Think about skills you want to master, characteristics you want to develop, relationships you want to cultivate or deepen, and how you want to improve your health, advance your career and contribute to the world. How can you grow towards the person you've always wanted to be?

GOAL #1

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Why is this goal important to me?

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What are three action steps I am committed to taking toward achieving this goal?

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GOAL #2

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Why is this goal important to me?

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What are three action steps I am committed to taking toward achieving this goal?

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GOAL #3

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Why is this goal important to me?

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What are three action steps I am committed to taking toward achieving this goal?

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# FINANCIAL FREEDOM & REWARDS

What are 3 ways you can enrich your life in this year? Think about skills you want to master, characteristics you want to develop, relationships you want to cultivate or deepen, and how you want to improve your health, advance your career and contribute to the world. How can you grow towards the person you've always wanted to be?

## GOAL #1

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Why is this goal important to me?

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What are three action steps I am committed to taking toward achieving this goal?

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## GOAL #2

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Why is this goal important to me?

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What are three action steps I am committed to taking toward achieving this goal?

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## GOAL #3

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Why is this goal important to me?

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What are three action steps I am committed to taking toward achieving this goal?

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