



ACHIEVE YOUR GOALS FOR 2014.

This is my personal method to make sure I make things happen and keep moving forward. hope it helps!
xoxox Di Carolina

BODY

	THE LONG TERM DREAM	WHAT DO I NEED TO GET THERE?	WHAT DO I NEED TO GET THERE?	WHAT DO I NEED TO GET THERE?
1				
2				
3				

MIND

	THE LONG TERM DREAM	WHAT DO I NEED TO GET THERE?	WHAT DO I NEED TO GET THERE?	WHAT DO I NEED TO GET THERE?
1				
2				
3				

SPIRIT

	THE LONG TERM DREAM	WHAT DO I NEED TO GET THERE?	WHAT DO I NEED TO GET THERE?	WHAT DO I NEED TO GET THERE?
1				
2				
3				

Now, pick ONE long term dream from each category.

Pick the most basic thing you need to do to achieve it. This will be your goal for the next 4 months.

If it feels unrealistic, break it down even more!

Set a Date.

Make it measurable. DO IT!

EXAMPLE

	THE LONG TERM DREAM	WHAT DO I NEED TO GET THERE? (GOAL)	DUE DATE	HOW WILL YOU KNOW YOU HAVE ACHIEVED IT?
SOUL	Road trip for a month around the French vineyards before the end of 2017.	Improve Basic French. Take Classes at least 3 times a week.	April 2017.	I will be able to hold a conversation about wines in French.

YOUR TURN.

	THE LONG TERM DREAM	WHAT DO I NEED TO GET THERE? (GOAL)	DUE DATE	HOW WILL YOU KNOW YOU HAVE ACHIEVED IT?
BODY				
MIND				
SOUL				