

BODY / BALANCE / BEING / BUISNESS TEMPLATE

This is also known as FAITH, FAMILY, FITNESS, AND FUEL. The goal of the weekly template is to get ONE small win at a time, increasing the difficulty with each win. Remember to focus on the win. If you stumble get up and keep trying

WEEK OF: _____

<p style="text-align: center;">BODY (FITNESS):</p> <p>__ 1 physical goal this week tailored to your desires as you see fit (& when completed):</p> <hr/> <p>__ 1 nutritional goal this week tailored to your desires as you see fit (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditonal Notes:</i></p> <hr/> <hr/> <hr/>	<p style="text-align: center;">BALANCE (FAMILY):</p> <p>__ 1 relationship goal this week tailored to your desires for your life (& when completed):</p> <hr/> <p>__ 1 relationship goal this week tailored to your desires for your life (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditonal Notes:</i></p> <hr/> <hr/> <hr/>
<p style="text-align: center;">BEING (FAITH):</p> <p>__ 1 spiritual goal this week tailored to your desires for your life (& when completed):</p> <hr/> <p>__ 1 spiritual goal this week tailored to your desires for your life (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditonal Notes:</i></p> <hr/> <hr/> <hr/>	<p style="text-align: center;">BUISNESS (FUEL):</p> <p>__ 1 professional goal this week tailored to your desires for your life (& when completed):</p> <hr/> <p>__ 1 professional goal this week tailored to your desires for your life (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditonal Notes:</i></p> <hr/> <hr/> <hr/>

The GIANT in front of you is NEVER BIGGER than the God inside of YOU

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The goal of the Yearly template is to set a bucket list goal that is achievable within a 12 month period. If possible find a friend to do this with (your goals don't have to be the same, just willing to hold eachother accountable. Remember to focus on your positive progress. If you stumble get up and keep trying!!!!!!!!!!!!

<p style="text-align: center;">BODY (FITNESS):</p> <p>__ 1 physical goal this year tailored to your desires as you see fit (& when completed):</p> <hr/> <p>__ 1 nutritional goal this year tailored to your desires as you see fit (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditonal Notes:</i></p> <hr/> <hr/> <hr/>	<p style="text-align: center;">BALANCE (FAMILY):</p> <p>__ 1 relationship goal this year tailored to your desires for your life (& when completed):</p> <hr/> <p>__ 1 relationship goal this year tailored to your desires for your life (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditonal Notes:</i></p> <hr/> <hr/> <hr/>
<p style="text-align: center;">BEING (FAITH):</p> <p>__ 1 spiritual goal this year tailored to your desires for your life (& when completed):</p> <hr/> <p>__ 1 spiritual goal this year tailored to your desires for your life (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditonal Notes:</i></p> <hr/> <hr/> <hr/>	<p style="text-align: center;">BUISNESS (FUEL):</p> <p>__ 1 professional goal this year tailored to your desires for your life (& when completed):</p> <hr/> <p>__ 1 professional goal this year tailored to your desires for your life (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditonal Notes:</i></p> <hr/> <hr/> <hr/>

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The goal of the QUARTERLY template is to supliment the YEARLY template, breaking those goals down into smaller, more manageable goals that is achievable within a 3 month period. If doing this with a partner schedule an accountability meeting each quarter. QTR #: __ Meeting Date: _____

<p style="text-align: center;">BODY (FITNESS):</p> <p>__ 1 physical goal this QTR tailored to your desires as you see fit (& when completed):</p> <hr/> <p>__ 1 nutritional goal this QTR tailored to your desires as you see fit (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditional Notes:</i></p> <hr/> <hr/> <hr/>	<p style="text-align: center;">BALANCE (FAMILY):</p> <p>__ 1 relationship goal this QTR tailored to your desires for your life (& when completed):</p> <hr/> <p>__ 1 relationship goal this QTR tailored to your desires for your life (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditional Notes:</i></p> <hr/> <hr/> <hr/>
<p style="text-align: center;">BEING (FAITH):</p> <p>__ 1 spiritual goal this QTR tailored to your desires for your life (& when completed):</p> <hr/> <p>__ 1 spiritual goal this QTR tailored to your desires for your life (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditional Notes:</i></p> <hr/> <hr/> <hr/>	<p style="text-align: center;">BUISNESS (FUEL):</p> <p>__ 1 professional goal this QTR tailored to your desires for your life (& when completed):</p> <hr/> <p>__ 1 professional goal this QTR tailored to your desires for your life (& when completed):</p> <hr/> <p style="text-align: center;"><i>Aditional Notes:</i></p> <hr/> <hr/> <hr/>

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