

Personal GROWTH

INTENTION

What desired outcome can you achieve this month?

ACTION

What specific actions will you take this month?

CONNECTION

Who do you need to connect with or show up as?

IMPACT

*Why is it important?
How could this change things?*

ACCOUNTABILITY PARTNER

EMOTIONAL JUICE

Mental Health and Spiritual Wellbeing

PHYSICAL HEALTH

Fitness and Nutrition

CONNECTION, PLAY, FAMILY

Extraordinary Relationships

PASSION PROJECTS

Personal Interest and Projects

FINANCIAL MANAGEMENT

Budget and Long Term Planning

APPRECIATION & GIVING

Contribution and Community Events

MILESTONES & SPECIAL MOMENTS

Share some of the treasured moments achievements, new connections, stories or even point format thoughts you would like to reflect on five years from now.