

# goal digger

IF YOU CAN DREAM IT, YOU CAN DO IT!

## PHYSICAL GOALS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MENTAL HEALTH GOALS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## RELATIONSHIP GOALS:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FAMILY GOALS:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## WORK GOALS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FINANCIAL GOALS:

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PERSONAL GOALS:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_