

GOALS ARE PRETTY SEXY

GOALS A FIELD GUIDE Created by Janice Hoffmann

A word about goals.

“I'm gonna love you like I'm gonna lose you.”

– **Mehgan Trainor**

Instructions: Go, go, go ahead and fill in the blanks below.

1+1 = **One** goal accomplished over **one** week / Use what you got _____.

Make The Most of the Minutes

I **romance** my goals with these daily rituals and routines / Rinse + repeat

- 1.
- 2.
- 3.

I **ask** for what I want / Requests made

- 1.
- 2.
- 3.

I took the plunge / **Opportunities** + momentum

- 1.
- 2.
- 3.

THE DAILY **UPGRADE** _____ *#awe*

Say What You Want

An act of kindness / I am **grateful** for

- 1.
- 2.
- 3.

I'm **obsessed** with / I will savor

- 1.
- 2.
- 3.

Triumphs / Completions + accomplishments

- 1.
- 2.
- 3.

Score / Cheap *splurge* _____ *#prize*