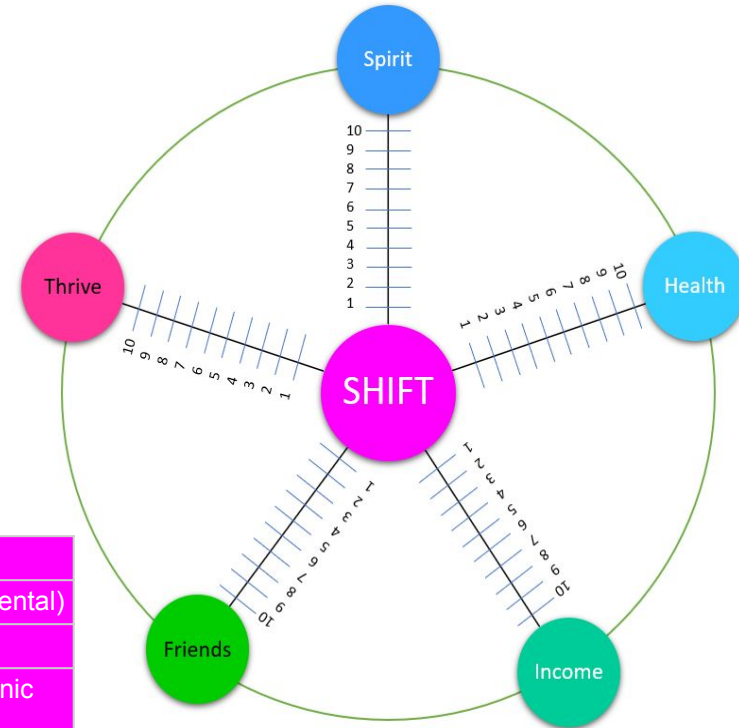


# We've come full circle!

1. You still have a total of 25 points to allocate.
2. Put a dot on the mini line where your life **will be** in 90 days.
3. Do you think that you can make it happen?
4. How does that make you feel? Do you believe it?

spirit (faith, understanding)
health (nutrition, physical and mental)
income (job, business, bills)
friends (relationships, both platonic and romantic)
thrive (hobbies, goals, dreams)



# My Badass Goal Sheet

As of \_\_\_\_\_ (date), I am a badass fulfilling my dreams! I will push forward toward my goals every single day.

I recognize that I was born with a DNA (distinct necessary achievement) and I commit to listen to that voice that says I CAN,, and I will ignore the voice that tells me I can't!

I am a badass force and my energy will be met with what I send out. I am willing to change parts of me that leave me spinning my wheels because I see that time is precious and I will cherish each day as a gift, even if it doesn't go as planned.

I look to today and tomorrow. I learn from yesterday, but I don't live in it anymore!

Some days may be small movement, but I am committed to fulfilling the first goal of \_\_\_\_\_

by \_\_\_\_\_, 20\_\_ or sooner. (90 days or less)

Money flows freely in the Universe. Until today, I thought it was only for other people who were somehow better than me. I am ready to change the way I believe certain things that have held me back. I know that I will achieve my money goal of \_\_\_\_\_

\_\_\_\_\_ as long as I keep my focus and energy on the goal. It may not happen as quickly as I want it, but it absolutely will happen as long as I don't give up!

I know that I need to surround myself with people who are also actively on a journey with a goal of their own. We can have our own goals and dreams, but we know the importance of sharing our goals and lifting each other out.

The world is full of negativity, but I reject the negative energy that others may expose me to. I will find business people, friendships and focus on positivity in romantic relationships going forward.

My main focus with relationships is \_\_\_\_\_  
\_\_\_\_\_

I know it is up to me to be the BFD who owns the way I interact with people. If I stay focused and positive, I believe I will absolutely accomplish the above goal by \_\_\_\_\_ and I will check progress in 90 days if longer.

I sometimes wonder if my life was meant to be a supporting role for someone else, and not for my own life... UNTIL TODAY! Now, I know that I have made a choice, even if I wasn't aware of it, to be the extra in others' lives, and maybe I thought I would come back to my own dreams later. But today... IS "later"!

My decision to focus on my own dreams and goals does not mean I am putting myself *ahead* of others and choosing to ignore their dreams. To the contrary, I will focus on my own dreams, and because I will find more joy in the journey, I will now have more energy to become an amazing supporting role in their lives too!

Finally, I know that my days on this earth are numbered. I don't know how many days I have to reach my goals, so I commit to recognizing that each day is a gift in itself, and I will treat each as precious as it is. If life tries to sideswipe me or my goals, I will take a breath, and recognize the emotions, but refuse to let the gift I have been given, go to waste.

I am going to pour my heart and spirit into others, a little bit each day, so that when my time here is done, the world will know, I was here! My life mattered! I will leave a legacy.

Signed:

Name \_\_\_\_\_ Date \_\_\_\_\_

(To be reviewed 90 days from today) on \_\_\_\_\_ to update according to your spirit and heart.

**It's okay to change your mind... it's not okay to give up on yourself!**