





Planning to Crush 2023 and My Life!

Make sure I have high energy, I won't be disturbed, and I am well hydrated. I will bring Positive energy and excitement to this experience!

Anything I write down, I will receive. I am writing down everything that I can possibly imagine having, doing, or experiencing. There are no limits to what I can have and I will not limit myself.	

#4: Now I will go through the list I created above and write down the number of years it will take to obtain or achieve each goal. I will write a number for how many years. IE: 1, 3, 5, or 10 years.

#5: I will circle most exciting goal. Then also circle my top three one year goals and list them below.

† 1 LIFETIME GOAL AND TOP GOALS:	
#1 Lifetime Goal:	
Why?	
≠1 One year Goal:	
Why?	
t2 One Year Goal:	
Why?	
#3 One Year Goal:	
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Why?	
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#6: For each of my **goals**, I will write a paragraph underneath **WHY** each goal is an absolute **MUST** for me to achieve.. **Remember...it is my WHY that will drive me!**

I will now write down who I have to become to achieve these goals. (which is already inside me) How will I have to show up? What will I need to believe? What will I need to stand for?