

MY 2024 GOALS

WRITE IT

What do you want to achieve in 2024?

EMOTIONALISE IT

What is the emotion you will feel on realising your goal/s?

VISUALISE IT

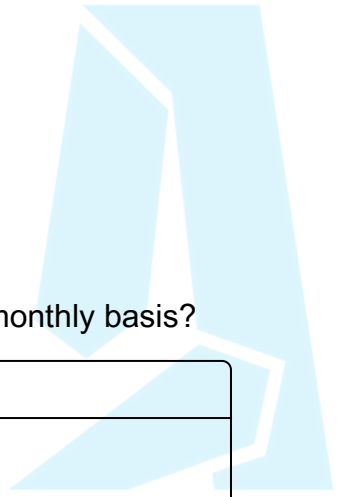
Do you believe you can achieve it? Visualise it to realise it!
(Place an image here)

PRIORITISE IT

Why is it important to you?

Does your goal fit into the vision that you have for this area of your life?

How will you make it a priority right now?



ORGANISE IT

What do you have to organise to make it happen on a daily, weekly and monthly basis?

Daily	Weekly	Monthly

SCHEDULE IT

Identify a typical week for you in order to achieve your goal, then consider how many weeks will it take.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

ACTION IT

When will you action it? When does it start for you? Set an exact start and finish date.

CELEBRATE IT

How will you feel when you achieve it and how will you celebrate it?