



Health

Family

Financial

Creative

2019
dreams

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MY FUTURE SELF...

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Looks like:

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Spends Time:

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Has:

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Page One Instructions

List some serious goals for yourself this year! Envision what mountains you want to climb & how you will feel on top of them! Those are the goals you gotta aim for. Dream big! Go big!

I always include creative goals for myself because it is MY outlet. For you maybe you get creative in the kitchen, maybe you want to start an instagram for your dog. Whatever your creative outlet is put those goals in your creative box!

Page Two Instructions

Imagine yourself at the end of this year, three years from now, shoot maybe even retired. What do you see for yourself? Are you living in a mountain in the woods? Did you finally take that trip to Bora Bora? (that's on my list!!) What do you feel like? What do you look like? Do you give to charity? Do you have a skin moisturizing regimen? The sky's the limit on your dreams - putting them on paper helps you start setting goals to achieve those dreams.