

**DAY 1**  
**CHAPTER 3**  
**ASSESS**

**PAST AND PRESENT**  
**GOALS WORKSHEET**

1. Did you have a plan for this year?
2. What were your goals or resolutions?
3. How did the last month go?
4. How is this year going so far compared to your plan?
5. Do you have a way to go back and review it to see what went well and what needs to change for the next year?
6. ACKNOWLEDGE HERE WHERE YOU ARE:  
CIRCLE your level of success in each of the six areas (1 being overwhelmed ...10 being completely successful):
  - a. Health: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10
  - b. Business: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10
  - c. Relationships: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10
  - d. Personal Growth: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10
  - e. Finances: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10.
  - f. Spirituality: 1. 2. 3. 4. 5. 6. 7. 8. 9. 10
7. CLEAR YOUR MIND:

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Brain Dump all the things you wish you could accomplish or improve in each of the six areas:

- a. Health:
  - b. Business:
  - c. Relationships:
  - d. Personal Growth:
  - e. Finances:
  - f. Spirituality:
8. What is your “Why?” behind them?
9. Essential questions to ask yourself:
- Intentions - how badly do you want it? Rate on a scale of 1-10:  
1. 2. 3. 4. 5. 6. 7. 8. 9. 10
  - Means - who is holding me accountable to the end?
    - Who are the people?
    - Do you have the resources?
    - Do you have the time, or will you find the time?
    - Do you have a support system to encourage you positively?
10. What is your life going to look like once you complete this goal? In the end, what will it look like? (vision)