

My Goals for 2014

Spiritual (*Prayer, Meditation, Classes, community Participation, etc.*):

Family (*Communication, Planned Outings, Shared Responsibilities, etc.*):

Personal Expression (*Activities, Volunteering, hobbies, etc.*):

Vocational/Career (*Study, Classes, Training, Skills Development, etc.*):

Physical/Health (*Diet, Exercise, Hiking, Walking, Weight, etc.*):

Financial (*Income, Investments, Debt, Giving, etc.*):

Promise to Myself

Spirit expresses creatively in my life as Health, Happiness, Abundance and Love. I accept fulfillment in all areas – Right Now.

And So it is.