



Your Spring Clean Your Life Goal Setting Worksheet

Mindful Life Counseling Center

To commit to your life "Spring Clean", complete this summary sheet below:



Spring Clean Your Life GOAL-SETTING SHEET



MINDFUL LIFE
COUNSELING CENTER PLLC

My **3 New DAILY SUCCESS HABITS** are:

1. _____
2. _____
3. _____

My **Top 3 Goals to "Spring Clean" my Life** are:

1. I _____ by _____
2. I _____ by _____
3. I _____ by _____

The **BENEFITS to Me** of My **GOALS** are:
Think of one inspiring benefit for each Top 3 goal.

1. _____
2. _____
3. _____

My **3 KEY Action Steps** are:

Choose one KEY action for each of your Top 3 Goals.

1. _____
_____ by _____
2. _____
_____ by _____
3. _____
_____ by _____

I will LET GO of:

You might want to let go of; limiting beliefs, bad habits, energy zappers, someone in your life or something else!

1. _____
2. _____
3. _____

Signed: _____

Date: _____

THOUGHT

*"To think creatively, we must be able to look afresh
at what we normally take for granted."*

George Kneller

For more information about how to live a life
you love and learn more about

Mindful Life Counseling Center visit:

<http://www.mindfullifecounselingcenter.com>

STAY ON TRACK

Now you have completed this Summary Sheet, cut it out and put it
somewhere you will see it regularly like your fridge or bathroom mirror.