



I HAVE DECIDED

At the end of 2019, I want to look back and see more _____

and less _____

I want to have cultivated _____

Specifically, even though it feels big and scary to write it out, I want to look back and have done this: _____

I want to have chosen _____

over _____

In order to make things happen, here's what I need to do today to get started: _____

I have decided to _____

At the end of this year, I will celebrate progress not perfection in all of this by _____

The person I'm sending this to right now to keep me accountable is:

MY FIRST ACTION STEP:

MY SECOND ACTION STEP:

MY THIRD ACTION STEP:

#2019GOALSETTING / LARACASEY.COM

TOOLS FOR YOUR BEST LIFE: CULTIVATEWHATMATTERS.COM

FOR PERSONAL USE ONLY. © LARA CASEY MEDIA