

Primary Goals

Purpose:

To determine the most important 4 goals for the year and commit to achieving them

Guidelines:

- Complete this once you have fully finished setting goals across the 4-5 areas of your life
- Look through all the goals you've set and pick out the four that will have the biggest impact on your life
- They don't need to be the biggest goals to have the biggest impact

Template instructions:

- Fill in the year in the bottom box
- Write down each of the four goals you've chosen; one in each box
- Then write down why this is really important to you
- Turn your goal into a promise
 - So, if your goal is to lose a stone in weight this year, your promise is 'I promise to lose a stone this year'
- Then add a date by which you will have fulfilled the promise to yourself