

DAY 2

Goals for 7 Areas of Your Life

There are seven areas of life that we can empower. What do you want to manifest in each area of your life, so that you can live your perfect, abundant life?



SPIRITUAL

Being spiritual means you have a need to be part of something greater than yourself; you want to make a change in the world or have an effect on someone's life. How in tune with your beliefs are you? How closely connected do you feel to what you believe in?

- Strengthen prayer life
- Explore new spiritual practices (E.g. crystals, meditation etc.)

FINANCIAL

Think about what you would like to achieve financially. Having financial stability will give you a sense of security and will enable you to set out your goals for the year. Take note that it isn't selfish to set high standards. You deserve to live a life of luxury and so does everybody else!

- Are you free to live your life on your own terms?
- Are you able to spend your time & money on whatever you want?

SOCIAL

It's important to make new friends and be part of a community that you feel closely connected with. It's important to have a good work/life balance, which is essential for a stress free life.

- When was the last time you did something fun?
- How easily do you connect with others?
- How often do you want to meet up with friends & have fun?

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PHYSICAL

When you live a healthy lifestyle you feel good about yourself and are up to facing more challenges. Set goals to get enough rest so you have more energy.

- How often do you exercise?
- How do you feel during the day (tired, energetic, fatigued, etc)?
- How's the quality of your sleep?

PERSONAL DEVELOPMENT

“Knowledge by definition makes itself obsolete.” The only thing that will allow you to be a leader in today’s environment is to be a continuous learner. Your success and financial will never far exceed your personal development.

- Want to learn a new language this year?
- How many books will you read this year?
- What new skills do you want to pick up?

RELATIONSHIP

Great relationships don’t just happen—they come as the result of making deposits toward the “success” you want. Your relationships goal may be to find a relationship, or to avoid some of them, or to strengthen one you have.

- Do you want to be a "better" partner?
- How much time do you want to spend with your family?
- Do you have close family members that you can talk to?

CAREER

You set career goals to maintain motivation, have something to look forward to and achieve success. Keep in mind that career goals can change as you gain experience, so be prepared to adjust your plan as you go.

- How satisfied are you in your current career?
- Are you in your dream career?
- How likely are you able to get the next promotion?

DAY 2

Fill up your goals in the boxes provided below. Your goals can be as small / big as you like. You don't have to fill up every box. More importantly, make sure the goals are specific and it's truly what you want!

SPIRITUAL

FINANCIAL

SOCIAL

PHYSICAL

PERSONAL DEVELOPMENT

RELATIONSHIP

CAREER