

# 2016 LIFE GOALS

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- ♦ 83% of the US Population does not have goals
- ♦ 14% have a plan in mind, but are unwritten goals
- ♦ 3% have goals written down

The 14% who have goals are 10 times more successful than those without goals.

The 3% with written goals are 3 times more successful than the 14% with unwritten goals.

<b>PERSONAL DEVELOPMENT</b>  <i>When you work on YOU, you have the greatest likelihood of changing other things in your life.</i>  <i>What do you most want to develop in YOU this year?</i>	
<b>SPIRITUAL DEVELOPMENT</b>  <i>Many times, our growth in our spiritual walk is directly connected to the amount of growth we are experiencing in other areas of life.</i>  <i>How would you like this area of your life to improve?</i>	
<b>FAMILY HEALTH</b>  Health and healthy relationships are the “new wealth” of our world. What needs to change in your family to live healthy, whole and emotionally sound?	
<b>BUSINESS GROWTH</b>  <i>It's never the size of the goal that matters most, its your commitment to it. What do you most want to achieve and experience in your MK this year?</i>	
<b>FINANCIAL FREEDOM</b>  <i>Make a lot, save some, invest some, contribute some, spend a little.</i>  <i>What steps are you taking this year to live in financial freedom?</i>	
<b>PHYSICAL HEALTH</b>  <i>We only get one brain and one body. It's important to value them as the amazing gifts they are.</i>  <i>What are you committed to this year to proactively take care of yourself?</i>	
<b>SELF CARE</b>  <i>It is easy for women to care for everybody else, but then easily forget themselves.</i>  <i>How are you changing your self care this year to ensure you are being the very best version of yourself to the world each day?</i>	
<b>READING PLAN</b>  <i>Leaders are readers. People who read 7 or more books per year are more than 122% likelier to be millionaires than those who read 3 or fewer.</i>	