

**Spring Clean YOUR Life!**

To commit one stage further to your Life Spring Clean, complete this summary sheet to help you:



<h1 style="margin: 0;">Spring Clean Your Life</h1> <h2 style="margin: 0;">GOAL-SETTING SHEET</h2>	
<p><b>Your Name</b></p> 	<p><b>My Top 3 New DAILY HABITS are:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>
<p><b>My Top 3 Goals to "Spring Clean" my Life are:</b></p> <p>1. I _____ by _____</p> <p>2. I _____ by _____</p> <p>3. I _____ by _____</p>	
<p><b>The BENEFITS to Me of My GOALS are:</b>  <i>Think of one inspiring benefit for each Top 3 goal.</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><b>My 3 KEY Action Steps are:</b>  <i>One action for each Top 3 Goal</i></p> <p>1. _____</p> <p>_____ by _____</p> <p>2. _____</p> <p>_____ by _____</p> <p>3. _____</p> <p>_____ by _____</p>
<p><b>This Spring, I Have Let Go of:</b>  <i>You may still be working on these, but by putting them in the past tense, it helps you to act as if you have let go!</i></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p><b>Signed:</b></p> <p>_____</p> <p><b>Date:</b> _____</p>
<div style="border: 2px solid #4f7942; padding: 5px;"> <p><b>THOUGHT</b></p> <p><i>"To think creatively, we must be able to look afresh at what we normally take for granted."</i></p> <p><i>George Kneller</i></p> </div>	<p>For personalised coaching and to learn more about <b>YOUR COMPANY NAME</b> visit <a href="http://www.yourcompanyname.com">http://www.yourcompanyname.com</a></p>

**STAY ON TRACK**

## *Goal Setting Worksheet*

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.