

# My Goals & Dreams

Date: \_\_\_\_\_

**My dream for the year ahead is...**

**1 My number one goal this year is:** \_\_\_\_\_

I need to take these steps to reach it:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

**2 My second goal this year is:** \_\_\_\_\_

I need to take these steps to reach it:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

**3 My third goal this year is:** \_\_\_\_\_

I need to take these steps to reach it:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

# Vision Board

(DAY):

(MONTH):

(YEAR):

(REMEMBER)

*CULTIVATING GRATITUDE IS A POWERFUL PRACTICE THAT CAN POSITIVELY IMPACT YOUR MINDSET AND OVERALL WELL-BEING. ENJOY THIS RITUAL, AND WATCH HOW IT CONTRIBUTES TO FULFILLED LIFE.*

HEALTH

TRAVEL

CAREER

FINANCES

RELATIONSHIPS

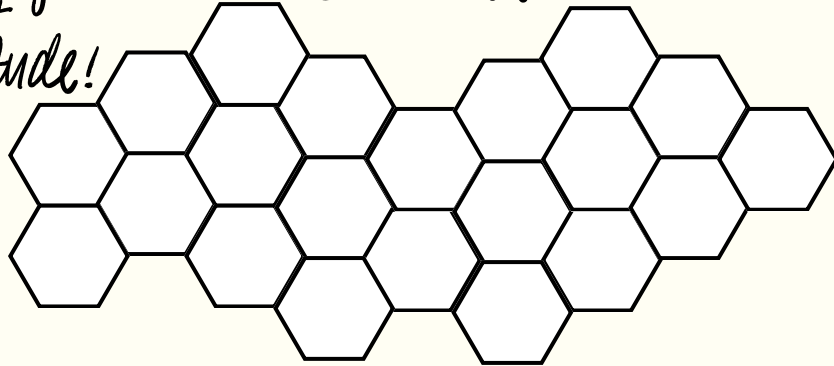
SPIRITUALITY

# 21 Day Gratitude Tracker

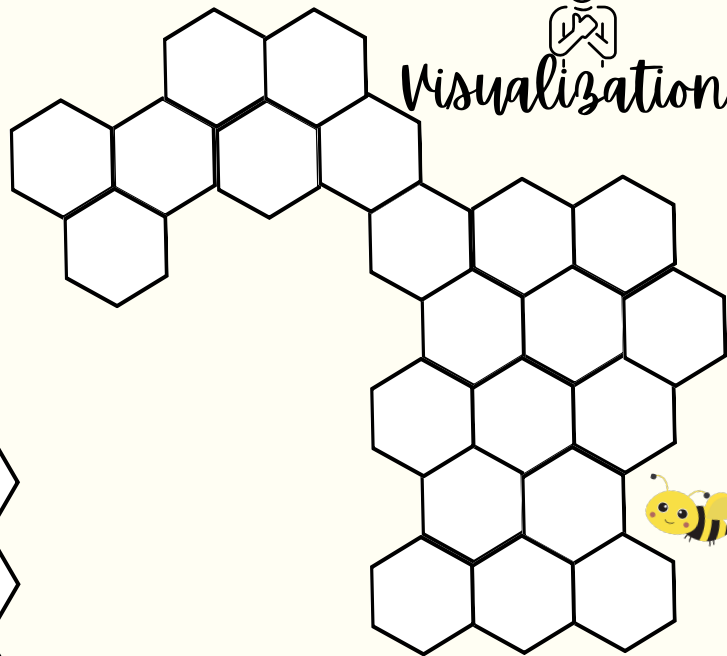


nothing  
but  
Gratitude!

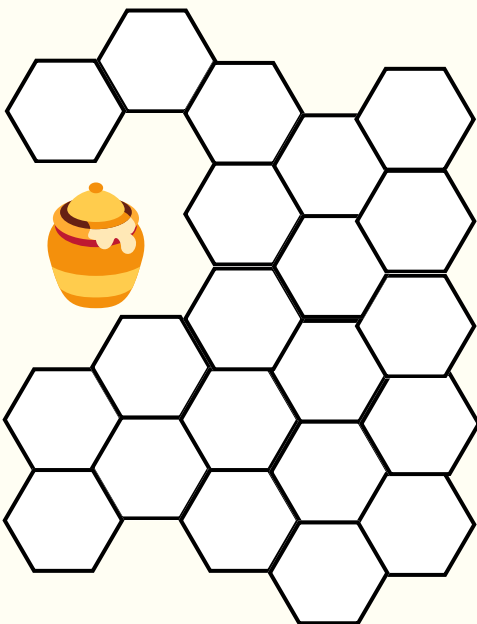
Gratitude



Visualization



Kindness & Love



gratitude  
CHANGES  
every  
thing