

## ANNUAL ABUNDANCE GOALS TEMPLATE

The likelihood of achieving our goals increases when we write our goals down with pen & paper and it's backed up by science. Study after study shows the brain is engaged, focused and activated in areas that process and store information when we physicall write.

ADVENTURE / EXPERIENCES	CREATIVE	EMOTIONAL FULFILLMENT
FINANCIAL	PHYSICAL HEALTH & WELLNESS	INTELLECTUAL/EDUCATIONAL
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RELATIONSHIPS	SPIRITUAL	MATERIAL/THINGS
PROFESSIONAL/CAREER	MENTAL HEALTH & WELLNESS	LEGACY: HOW WILL YOU LEAVE
PROFESSIONAL/CAREER	MENTAL HEALTH & WELLINESS	YOUR MARK?



