

# My personal goals for next year

Go through the goals you have listed on the previous pages for each of the 7 main categories.







Choose those which you feel are the most important – the ones you intend to achieve within the next 12 months. Be sure that your goals meet the conditions listed on page 101. List below your goals for next year.

The purpose of making a list of your goals is not to give you a guilty conscience; so don't write down more goals than you believe you can manage. You should have some goals left over for next year!

Put a deadline on each goal. Goals without deadlines have a tendency to be left unfinished.

*Remember a goal should describe a situation you wish to achieve and not just a search for "bigger, better, more, and all the rest":*

When you are resolved to achieve your goal, you can pencil in one of the Daruma doll's eyes in the scheme below. You will find a description of the Daruma doll on the previous page.

My goals for next year	My deadline
	
	
	
	
	
	

*to be continued*

My goals for next year	My deadline
	
	
	
	
	
	
	
	
	
	