

COACH BARROW

21 PERSONAL GOALS TO REACH IN THE NEXT 90 DAYS

Name _____

What are the goals you most want to set for yourself over the next 90 days? Please select those goals which you really want, not the ones you should, could, ought to or might want. Give some serious thought to setting both your personal and professional goals and share them with your coach. When you have set the right goals for yourself, you should feel excited, a little nervous, ready and willing to go for it! Don't choose the goals you have historically chosen, but never reached, unless you're in a much better position to reach them now.

Start Date _____

Finish Date _____

PERSONAL

- 1 _____
- 2 _____
- 3 _____

FINANCIAL

- 1 _____
- 2 _____
- 3 _____

FAMILY

- 1 _____
- 2 _____
- 3 _____

SOCIAL

- 1 _____
- 2 _____
- 3 _____

PHYSICAL

- 1 _____
- 2 _____
- 3 _____

INTELLECTUAL

- 1 _____
- 2 _____
- 3 _____

SPIRITUAL

- 1 _____
- 2 _____
- 3 _____