



[www.eatfithealth.com](http://www.eatfithealth.com)

# GOALS FOR 2017

*Choose to make goals that are important to you. Be specific.*

## **INNER CHILD**

(fun, play, try something new, travel)

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## *Relationships*

(friends, family, significant other)

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## **Home**

(finances, projects, organization)

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## **HEALTH**

(nutrition, lifestyle, fitness, check-ups)

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## **VOLUNTEER**

(community, organizations, schools)

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## **WORK/SKILLS**

(career goals, new skills, further skills, continuing education)

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