

**Work Sheet to Prepare for Creating a 1-Page Goals Sheet – Step 2**

**SHORT LIST – NOW REFERRED TO AS YOUR GOALS**

Since I can only focus on a few things, here is my short list/ goals:

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**KEY ELEMENTS**

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- Personal Growth and Challenge (will become its own section at the bottom of the Goals Sheet.)

**KEY ELEMENTS Integrated into SHORT LIST (GOALS)**

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*Alive and Active<sup>®</sup>*  
*Life*

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APPLYING OBJECTIVES TO YOUR GOALS BY DEVELOPING YOUR KEY ELEMENTS

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Alive and Active  
*Life*

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