

I've included my 2017 Focus Goals worksheet as a sample for you in case you need help structuring your own.

Long Term Family Goals:

Purchase land that can be home + business

Good education for Jamie

Happy & healthy family

2017 Family Focus Goals:

Save money

Begin donating to charity

New place to live with backyard for play + gardening

Learn about investing

2017 Relationship Goals:

More fun together

Less critical

More appreciative of each other's gifts

Calder's 2017 Focus Goals:

Fitness, Adventure, Education

Positive Affirmations:

I partake in regular physical activity and feel healthier and happier with my
body.

I seek ways to feel free in my life and go on new adventures, big and small.

I am advancing my career through education.

Iris's 2017 Focus Goals:

Health, Finances, Connection

Positive Affirmations:

I listen to my body in each moment and give it what it needs.

I take action daily to bring my finances in alignment with my values and
goals.

I create intimate connections in all areas of my life and business.

Jamie's 2017 Focus Goals:

More outside time, More fruits and vegetables, Weaning

Positive Affirmations:

We create opportunities for Jamie to explore the outdoors every day.

We make fruits and vegetables tasty and fun for Jamie to eat.

We commit to weaning Jamie off of nursing this year.