



Your Spring Clean "Goal Setting" Worksheet

Freshen up YOUR Life!

To help commit yourself to your Spring Clean, complete this summary sheet:



<h2 style="margin: 0;">"Spring Clean"</h2> <h3 style="margin: 0;">GOAL-SETTING SHEET</h3>	
<p>MP Holistic Nutrition</p>	<p>My Top 3 New DAILY HABITS are:</p> <p>1.</p> <p>2.</p> <p>3.</p>
<p>My Top 3 "Spring Clean" Goals are:</p> <p>1. I by</p> <p>2. I by</p> <p>3. I by</p>	
<p>The BENEFITS to Me of My GOALS are: <i>Think of one inspiring benefit for each goal.</i></p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>My 3 KEY Action Steps are: <i>Ideally one action per goal!</i></p> <p>1.</p> <p>..... by</p> <p>2.</p> <p>..... by</p> <p>3.</p> <p>..... by</p>
<p>This Spring, I Have Let Go of : <i>You may still be working on these, but by putting them in the past tense, it helps you to act 'as if' you have let go!</i></p> <p>1.</p> <p>2.</p> <p>3.</p>	<p>Signed: _____</p> <p>Date: _____</p>
<p style="text-align: center;">THOUGHT</p> <p style="text-align: center;"><i>"To think creatively, we must be able to look afresh at what we normally take for granted."</i></p> <p style="text-align: center;">George Kneller</p>	<p>For personalised coaching and to learn more about Megan Pennington visit http://www.mpholisticnutrition.com</p>

STAY ON TRACK

Now you have completed this Summary Sheet, cut it out and put it somewhere you will see it regularly like your fridge or bathroom mirror.