



Spring Clean Your Life GOAL-SETTING SHEET

My **3 New DAILY SUCCESS HABITS** are:

1. _____
2. _____
3. _____

THOUGHT

"The greatest power that a person possesses is the power to choose."

-J. Martin Kohe

My **Top 3 Goals to "Spring Clean" my Life** are:

1. _____ by _____
2. _____ by _____
3. _____ by _____

The **BENEFITS to Me** of My GOALS are:
Think of one inspiring benefit for each Top 3 goal.

1. _____
2. _____
3. _____

My **3 KEY Action Steps** are:
Choose one KEY action for each of your Top 3 Goals.

1. _____
by _____
2. _____
by _____
3. _____
by _____

I will LET GO of:

You might want to let go of; limiting beliefs, bad habits, energy zappers, someone in your life or something else!

1. _____
2. _____
3. _____

Signed: _____

Date: _____

For personalised coaching and to learn more about **HANS SCHUMANN COACHING** visit:
<https://www.hansschumann.com>

STAY ON TRACK

Now you have completed this Goal Setting Sheet, put it somewhere you will see it regularly like your fridge or bathroom mirror.