

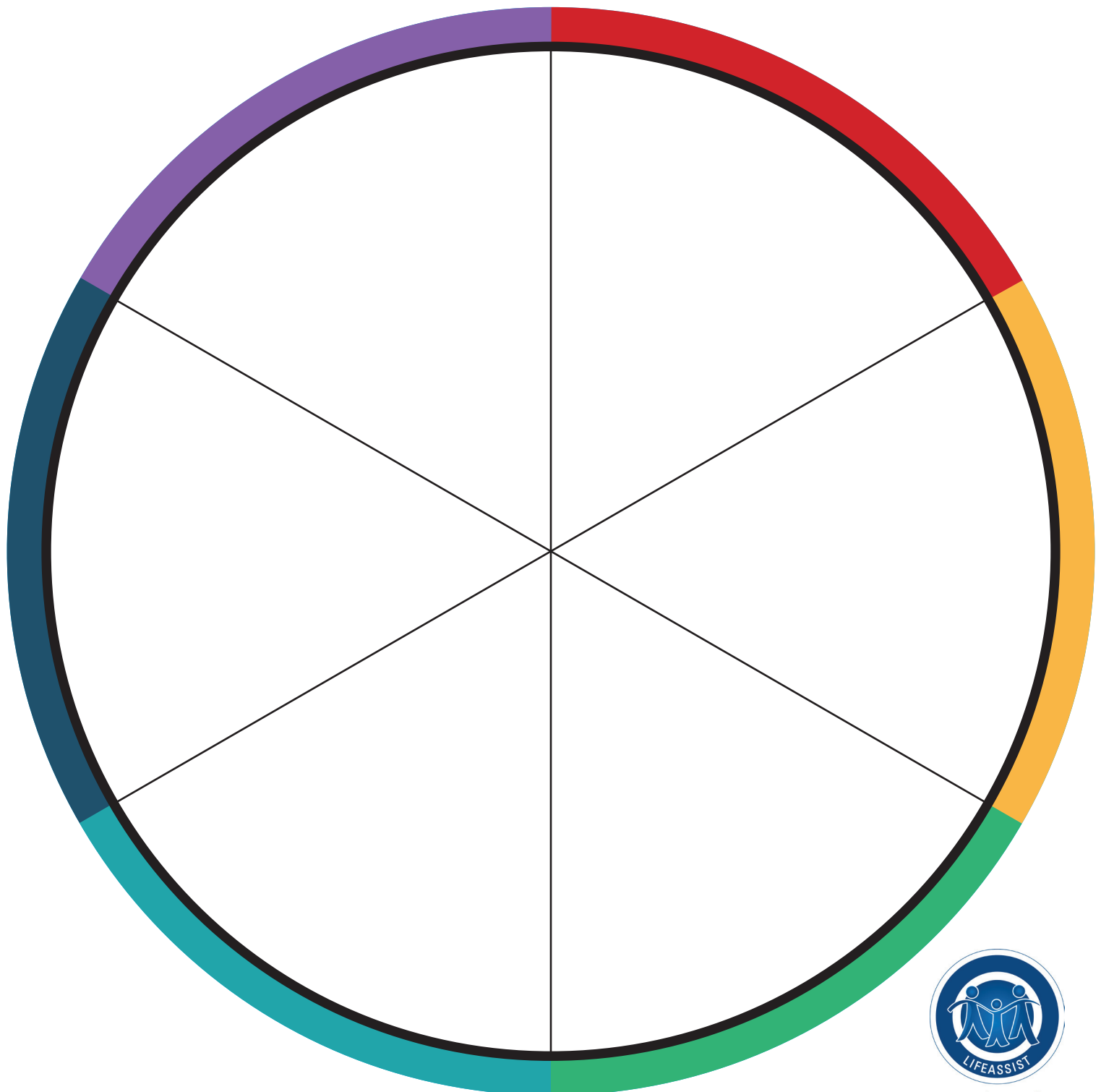
CIRCLE GOALS EXERCISE:

If you want to put some solid resolutions in place for the coming year, but don't know where to start, this simple and thought-provoking exercise is just what you need. The Circle Goals exercise is designed to help you make positive changes to all areas of your life, in a balanced and healthy way.

HERE'S HOW IT'S DONE:

In each segment, name an area of your life that you want to focus on for the next year. For example: *Fitness, Finance, Career, Relationships, Spirituality, and Creativity.*

The segments should be equal because it's important to give equal attention to each category. For each segment, write out 5 realistic, measurable goals you want to accomplish. Be as specific as you can, and make sure you'll be able to see the results of these goals a year from now.



engaging people