

## GOAL SETTING

**5 goals I'd like to accomplish:**

1. \_\_\_\_\_

1. Objective: \_\_\_\_\_

2. Objective: \_\_\_\_\_

3. Objective: \_\_\_\_\_

2. \_\_\_\_\_

1. Objective: \_\_\_\_\_

2. Objective: \_\_\_\_\_

3. Objective: \_\_\_\_\_

3. \_\_\_\_\_

1. Objective: \_\_\_\_\_

2. Objective: \_\_\_\_\_

3. Objective: \_\_\_\_\_

4. \_\_\_\_\_

1. Objective: \_\_\_\_\_

2. Objective: \_\_\_\_\_

3. Objective: \_\_\_\_\_

5. \_\_\_\_\_

1. Objective: \_\_\_\_\_

2. Objective: \_\_\_\_\_

3. Objective: \_\_\_\_\_

**5 questions I'd like to have answered in The Nutritious Life Studio:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_