



## GOAL SETTING JOURNALING WORKSHEET



TRANSFORMATIONAL  
JOURNALING

with *Christa Potter*



# GOAL SETTING JOURNALING

Journaling for Goal Setting is that magical time when you sit down and put all of your hopes and dreams onto paper. It's when you get all of those fantasies and aspirations out of your head and start doing the real work to turn them into reality.

It's about more than just writing out a list of all that you want to achieve. Journaling for Goal Setting is when you take a look at what you want and how it all ties together. You decipher between what are your genuine desires are and what are just notions. You take the time to figure out what fits into your big picture and that should be a point of focus as opposed to things that are just serving as distractions from your real goals.

Journaling your goals is one of the practices that can create some truly astounding outward changes in your life.

Enjoy!

*Christa Potter*







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List 10 things that you want to happen in the next year.

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