



# The S.L.A.Y. Goals

DUE DATE

## WORKSHEET ● ● ● ● ● ● ● ● ● ●

### DAILY AFFIRMATIONS:

(Set at least 3 and repeat in the mirror daily!)

### NOTES

### LONG-TERM GOAL

(Be specific.) What do I want to achieve?

S

(Lay out a plan of action.) What do I need to do?

L

(Analyze, activate & remain accountable.) Is this realistic? What do I need to get started?

A

(Yield amazing results!) YAY! How long did it take to achieve the goal?

Y

### SHORT-TERM GOALS

*Every morning & every night, visualize your goal achieved!*