



At Heaven on Earth NOW, we believe setting goals establishes direction, leading you step-by-step to the life you were called to live. Use this FREE tool and take time NOW to mull over and consider:

- **What do I want to achieve in school or work? How do I want to spend my free time?**
- **Who do I want to surround myself with that will challenge me and support my goals?**
- **What do I want to accomplish financially — get a new job, save money, etc.?**
- **How do I want to improve my health or self-care?**
- **What place do I want to explore? Who would I like to meet?**
- **What skill might I like to learn?**
- **Where might I enjoy volunteering? How might I lend life a greater sense of purpose?**

After you've set the goals, write down an action step, the first step you want to take toward achieving each goal. Pick one specific thing you can do this week to get started! Set a target date to reach each goal – or indicate if this is something to continue all year, replacing an old habit with a new one.

The categories in the **Intentional Life Plan 2020** are meant to get you started but any goal can be added, modified, or eliminated! When you are finished, hang the **Intentional Life Plan 2020** on your bathroom mirror or on your refrigerator.

Intentional Life Plan 2020



Career, Work, or Study

Performance Goal	First Action Step/Date to Achieve

Hobby or New Skills to Pursue

Performance Goal	First Action Step/Date to Achieve

Health, Physical Activity & Self Care

Performance Goal	First Action Step/Date to Achieve

Spiritual & Relationship Connections

Performance Goal	First Action Step/Date to Achieve

Travel & Adventures

Performance Goal	First Action Step/Date to Achieve

Volunteer & Service

Performance Goal	First Action Step/Date to Achieve

Take time to pray or meditate about these 2020 goals. And post this somewhere where you can see it frequently – so that even amid life’s distractions, you can renew your drive to pursue your intentions.