

Big Bold JUICY Goals

Every successful person on the planet has crystal clear goals that they have their eyes on at all times. Write your big bold juicy goals and then review them every day and every week to increase your confidence and belief in yourself.

One month My age and year

1. _____

2. _____

3. _____

Three month My age and year

1. _____

2. _____

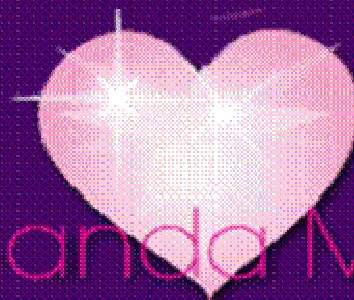
3. _____

Six month My age and year

1. _____

2. _____

3. _____



Amanda Moxley
Body and Soul Coach

One Year My age and year

1. _____
2. _____
3. _____

Three Year My age and year

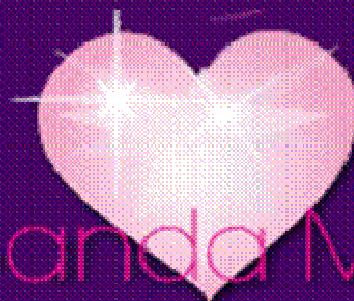
1. _____
2. _____
3. _____

Five Year My age and year

1. _____
2. _____
3. _____

What is your number one dream goal for your body and health? (We will be referencing this goal during all of our sessions. Dream BIG!)

What is your number one dream goal for your life? (We will be referencing this goal during all of our sessions. Dream BIG!)



Amanda Moxley
Body and Soul Coach