



# 10 for '10

*Wellness goals*

*physical » mental » spiritual » financial*



Have you  
written down your goals?

**“ Write it down.** Written goals have a way of transforming wishes into wants; can'ts into **cans**; dreams into **plans**; and plans into **reality**. Don't just think it — **ink it!**”

—Dan Zadra  
Life Coach & Inspirational Author

Download a wellness goals card at  
[www.Guidestone.org/wellness](http://www.Guidestone.org/wellness)



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## Why set goals?

*“Give me a store clerk with goals and I will give you a **man who will make history.**”*

*Give me a man without goals and I will give you a **store clerk.**”*

—J.C. Penny

*“A goal properly set is **halfway reached.**”*

—Abraham Lincoln

Find tips for setting specific, achievable wellness goals at  
[www.Guidestone.org/wellness](http://www.Guidestone.org/wellness)