



10 for '10

Wellness goals

physical » mental » spiritual » financial



1

Goal: _____
Steps to take: _____

2

Goal: _____
Steps to take: _____

3

Goal: _____
Steps to take: _____

4

Goal: _____
Steps to take: _____

5

Goal: _____
Steps to take: _____

6

Goal: _____
Steps to take: _____

7

Goal: _____
Steps to take: _____

8

Goal: _____
Steps to take: _____

9

Goal: _____
Steps to take: _____

10

Goal: _____
Steps to take: _____