

Goal Setting Intensive 2021

TheMorningShift.co

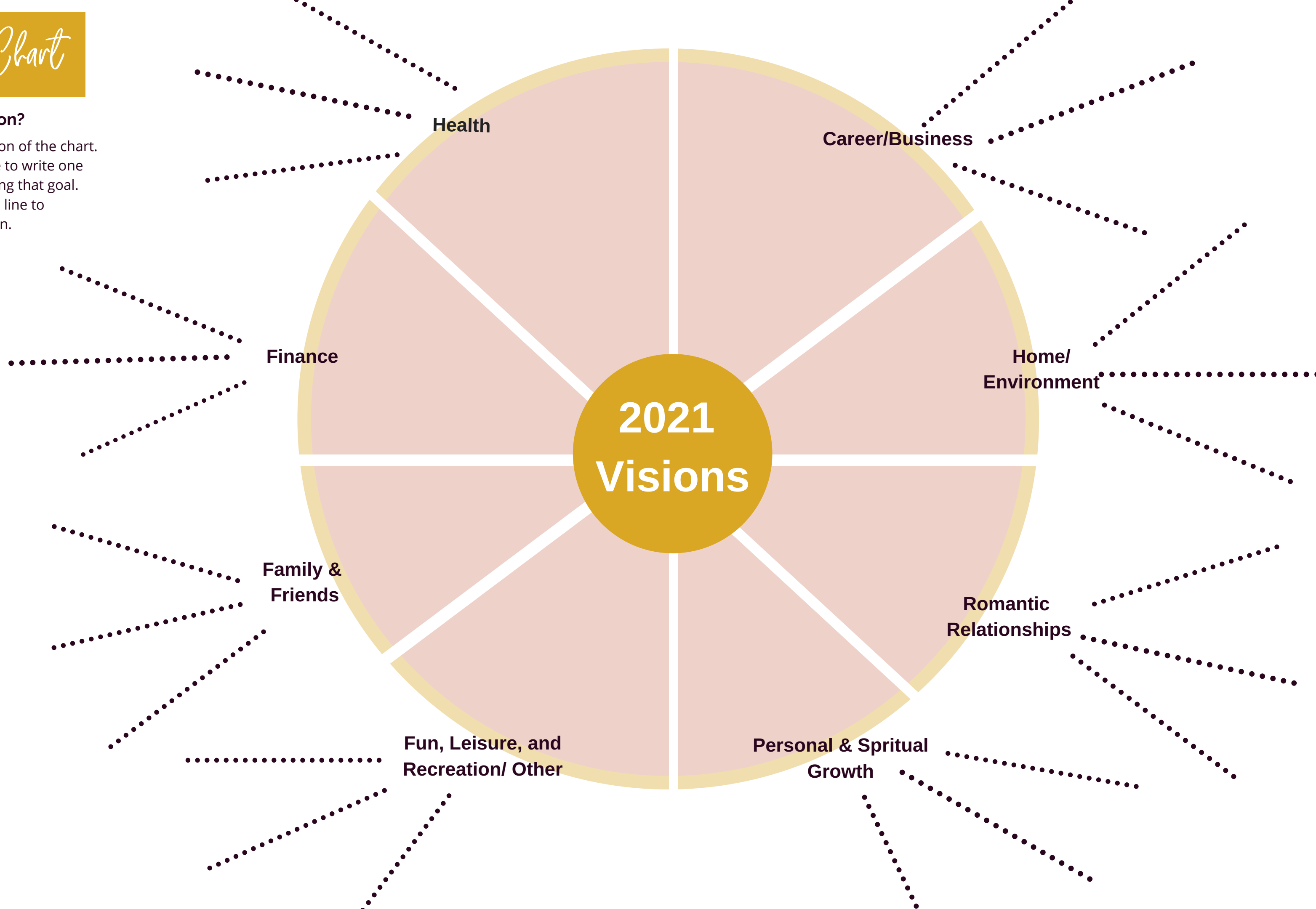
"Each Morning we are born again.
What we do today is what matters most."

-Buddha

Circle of Life Chart

What do you Envision?

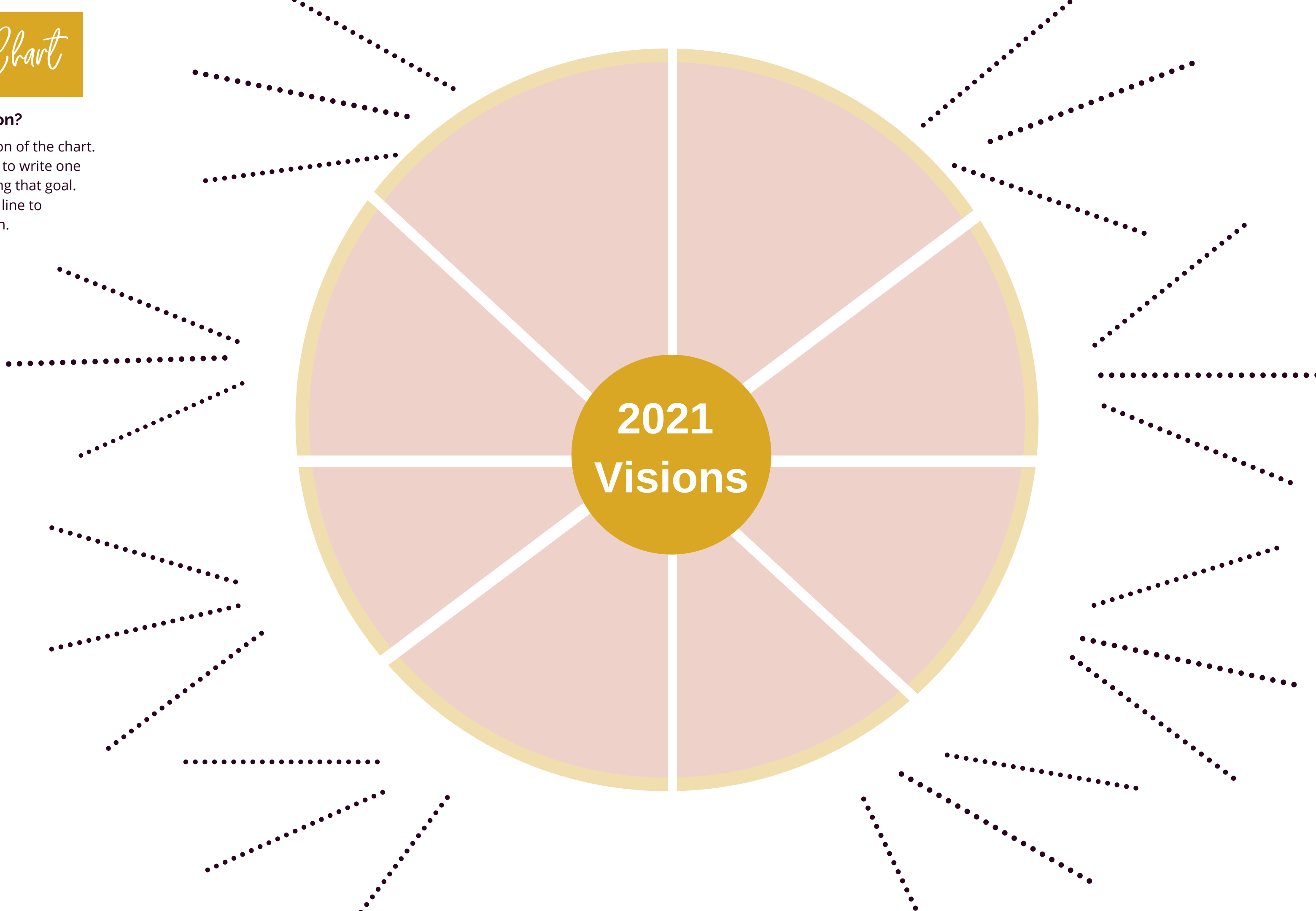
1. Write goals within each section of the chart.
2. Use the top of the dotted line to write one obstacle you foresee to reaching that goal.
3. Use the bottom of the dotted line to brainstorm a possible solution.



Circle of Life Chart

What do you Envision?

1. Write goals within each section of the chart.
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Quarter 1:

Quarter 3:

Quarter 2:

Quarter 4:

Quarter --- Focus:

Health

Family & Friends

Personal & Spritual Growth

Career/Business

Finance

Fun, Leisure, and
Recreation/ Other

Romantic
Relationships

Home/
Environment

Quarter --- Focus:

Quarter --- Morning Practice:

List activities and resources that will support your goals for this Quarter.

Mindset

Motivation

Meditation

Movement

Mastery

Embody your Vision

Song

A solid yellow rectangular box intended for writing a song.

Phrase

A solid yellow rectangular box intended for writing a phrase.

Word

A solid yellow rectangular box intended for writing a word.

Object

A solid yellow rectangular box intended for writing an object.

A solid yellow rectangular box intended for writing, with a dashed line above it.

THANK YOU!

Thank you for joining us for the
Goal Setting Intensive 2021! I
look forward to seeing your
visions come to life!

-Tiffany Lavier, Founder

HELPING YOU CREATE LIFE-ALTERING MORNING
ROUTINES & RITUALS SO YOU CAN FULLY SHOW
UP FOR HOW YOU LIVE, LEAD AND WORK!

Need support throughout the year to bring your visions to life?

Get on the Waitlist or join us in our

[Morning Shift Masters & Insider Membership](#)



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