

QUARTERLY PLANNING

- 1. How do I want to feel over the next three months?**

- 2. What do I want to start doing / do more of / do less of / stop doing?**

- 3. What is ONE THING I can accomplish in the next three months that would impact my life in a meaningful way?**

- 4. What beliefs or values that I hold will most assist me in achieving my goals for the next quarter?**

- 5. What do I want to study and learn this quarter?**

