


## Spring Clean Your Life!

To commit to your life "Spring Clean", complete this summary sheet below:



<h1>Spring Clean Your Life</h1> <h2>GOAL-SETTING SHEET</h2> 	
<p><i>Life Coaching with a</i> <b>Smile</b></p>	<p>My 3 New <b>DAILY SUCCESS HABITS</b> are:</p> <ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li></ol>
<p>My <b>Top 3 Goals to "Spring Clean" my Life</b> are:</p> <ol style="list-style-type: none"><li>1. I _____ by _____</li><li>2. I _____ by _____</li><li>3. I _____ by _____</li></ol>	
<p>The <b>BENEFITS to me</b> of my goals are: <i>Write one inspiring benefit for each top 3 goal</i></p> <ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li></ol>	<p>My 3 <b>KEY Action Steps</b> are: <i>Choose one KEY action for each top 3 goal</i></p> <ol style="list-style-type: none"><li>1. _____ _____ by _____</li><li>2. _____ _____ by _____</li><li>3. _____ _____ by _____</li></ol>
<p><b>I will LET GO of:</b> <i>e.g. limiting beliefs, bad habits, energy zappers, someone in your life or something else!</i></p> <ol style="list-style-type: none"><li>1. _____</li><li>2. _____</li><li>3. _____</li></ol>	<p>Signed: _____</p> <p>Date: _____</p>
<p><i>To think creatively, we must be able to look afresh at what we normally take for granted.</i> <b>George Kneller</b></p>	<p>For personalized coaching and to learn about <b>Life Coaching With a Smile</b> visit <a href="http://yourpersonalskillslifecoach.com">yourpersonalskillslifecoach.com</a></p>

### STAY ON TRACK

Now you have completed this Summary Sheet, cut it out and put it somewhere you will see it regularly like your fridge or bathroom mirror.