ANTHONY COLE
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Non-Negotiable Goals Worksheet

Directions: First, fill in the 100 Personal Goals worksheet with 100 things you would like to accomplish this year. Dream big and consider all areas of your life. Next, narrow the 100 goals down to the top 12. After writing down the top 12 in the chart below, put a check by the 3 absolutely non-negotiable goals. Finally, make yourself accountable by sharing your goals with someone.

Check the 3 Non-Negotiable	My 12 Top Goals	Action Steps I Must Take	Finances Required	Due Date	Status/ Update

*** Categories to Consider: Health, Family/Home, Spiritual, Professional, Personal Growth, Recreational, Financial, Community, Emotional/Mental, Things That You Want To Do/Have To Do/Want to Be, Places You Want to Go**