

# THE *Courageous* MIND

## SETTING LIFE GOALS

Category	Goals	Why is it important?
Business	1. 2. 3.	1. 2. 3.
Family and Friends	1. 2. 3.	1. 2. 3.
Spiritual/ Mental Health	1. 2. 3.	1. 2. 3.
Finances	1. 2. 3.	1. 2. 3.
Health	1. 2. 3.	1. 2. 3.

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