

2022



Health Goals

1.

2.

3.

4.

5.

My "Why's"



Personal Goals

What will I tell myself
when it gets hard?

"IF YOU DON'T KNOW
WHERE YOU'RE GOING,
YOU'LL END UP
SOMEWHERE ELSE"

- YOGI BERRA

WWW.KETOKATZ.COM

Health Goals

- 1.
- 2.
- 3.
- 4.
- 5.

Spiritual Goals

- 1.
- 2.
- 3.
- 4.
- 5.

Financial Goals

- 1.
- 2.
- 3.
- 4.
- 5.

2022

Misc. Goals

- 1.
- 2.
- 3.
- 4.
- 5.

Career Goals

- 1.
- 2.
- 3.
- 4.
- 5.

Family & Friends

- 1.
- 2.
- 3.
- 4.
- 5.