

new vision

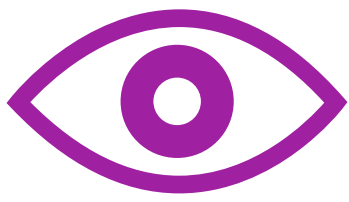
How do you see yourself winning over the next 12 months? Complete the sections below by writing your **new vision** goals for each time frame.

In the next year I see myself:

In the next six months I see myself:

In the next three months I see myself:

In the next months I see myself:



new vigor

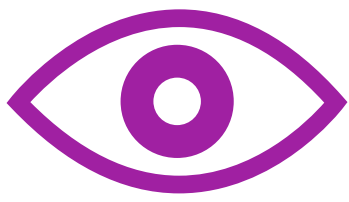
How will you boost your energy each day? Complete the sections below by writing your **new vigor** goals for each category.

How will I boost my energy daily?

What foods will I eat to give me energy?

What activities will I do to energize me?

How will I renew my mind each day?



new vitality

How do you want to feel each day? Complete the sections below by writing your **new vitality** goals for each category.

Physically, how do I want to feel?

Mentally, how do I want to think?



new victories

In what ways do I want to celebrate my wins this month? Complete the sections below by writing your **new victory** goals for each category.

What new victories are awaiting me this month?

How will I measure my success beyond the scale?