

# My Intentions and Desired Achievements for 2009 - Work Sheet

| <b>My Intentions</b>   | <b>My Reasons WHY</b> | <b>Progress/Evaluation</b><br>(Date Achieved/Other Comments) |
|--|-----------------------|--|
| <b>Business/Career Intentions &amp; Desired Achievements</b> (goals)   |                       |  |
| <b>Business Development</b><br><br><b>My Intentions:</b><br><br><hr/><br><b>My Specific Dreams &amp; Desired Achievements</b> (or goals) and state what and by when/date -<br><br>1.<br><br>2.<br><br>3.<br><br>4.<br><br>5. |                       |  |
| <b>Career/Professional Development</b><br><br><b>My Intentions:</b><br><br><hr/>   |                       |  |

**My Specific Dreams & Desired Achievements**

(or goals) - state what and by when/date -

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

**Financial Goals**

**My Intentions:**

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**My Specific Dreams & Desired Achievements**

(or goals) - and state what and by when/date -

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

**Personal Intentions and Desired Achievements**

**Health and Wellness**

**My Intentions:**

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**My Specific Dreams & Desired Achievements**

(or goals) and state what and by when/date -

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

**Relationship/s**

**My Intentions:**

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**Specific Dreams & Desired Achievements** (or goals) and state what and by when/date -

- 1.

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

**Leisure Time**

**My Intentions:**

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**My Specific Dreams & Desired Achievements**

(or goals) and state what and by when/date -

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

**Personal Development**

**My Intentions:**

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**My Specific Dreams & Desired Achievements**

(or goals) and state what and by when/date)

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

**Social Responsibility/Giving Back/ Making a Difference**

**My Intentions:**

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**Specific Dreams & Desired Achievements**

(or goals) and state what and by when/date) -

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

## Other Notes

