

**Resolve to Evolve  
Health**

*Examples include completing a 5k, doing 10 full pushups*

Goal 1:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

Goal 2:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

Goal 3:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

## Resolve to Evolve Career

*Examples include getting a promotion, launching a blog/web site*

Goal 1:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

Goal 2:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

Goal 3:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

## Resolve to Evolve Relationships

*Examples include meeting new people, staying in touch with family*

Goal 1:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

Goal 2:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

Goal 3:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

**Resolve to Evolve  
Financial**

*Examples include saving for a vacation, paying off debt*

Goal 1:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

Goal 2:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

Goal 3:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

**Resolve to Evolve  
Spiritual and Learning**

*Examples include prayer, meditation, journaling, reading*

Goal 1:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

Goal 2:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review:

Goal 3:
By When:
Action Item:
Action Item:
Action Item:
6 Month Review: