

2017

Transforming Intentions into Reality

an **idea** is just a
DREAM until you
write it down...
THEN it's a
goal.
Soulance

Signature & Date

"I never lose. I either win or learn."

–Nelson Mandela



Hi Stars!

Thank you for downloading the 2017 goal sheet. I hope you will take time to fill it in and reflect on your intentions for the upcoming year. It is proven that writing things down will help you succeed and reach any goal that you set for yourself! I challenge you to get a jump start on the New Year by shifting your mindset now!

Make your intentions known and be sure to share them with a few people that you trust. This will keep you accountable to reaching your goals. Remember, when writing your goals to be specific. The goal sheet is separated into 4 quarters, & your deadline is the end of that month. Your goals should be realistic but hopefully take you outside of your comfort zone.

To help you along, I have included an example that includes some of my own personal goals for 2017. What are you waiting for? Get writing. If you would like to share your goals with me please feel free to email me at soulance.gina@gmail.com.

#KeepGlowing!

And remember to #GlowDaily! #SoulanceGlow

Very Truly Yours,

@Soulance.Gina



2017 SUCCESS SHEET

I am coming into the New Year with....

2017 Goals

Focus:

March	June	September	December
-	-	-	-
-	-	-	-

Personal/Internal Focus:

March	June	September	December
-	-	-	-
-	-	-	-

LiveWell Focus:

March	June	September	December
-	-	-	-
-	-	-	-





2017 SUCCESS SHEET (Example)

I am coming into the New Year with....

A new blog, a new home that needs to be organized/renovated and extra “Newlywed” weight that I would like to lose.

2017 Goals

Entrepreneurial Focus: A Social Media reach of **10k, touching each one.**

March	June	September	December
-Uwellness.org renovated -Continue consistent blog posts	-Make more videos for YouTube & Facebook. -Buy a new camera	-Accept requests for new clients. -Collaborate with other trainers or bloggers.	-Assess progress and set new goals for 2018.

Personal/Internal Focus: Weight Management

March	June	September	December
-Workout 5-6 days a week - 175lbs -Vegan 1day/week	-Summer body now “loading” -Non-home food only for occasions (meal prep!) -165lbs	-Maintain <165lbs and buy a new dress for my birthday 😊	-Consistency and Confidence on 9.5 that will push self and others to new heights!

LiveWell Focus: Embody Souulance & giving/receiving love

March	June	September	December
-Keep calendar for family/friends birthdays and special events -Start towards long term savings goals	-Have Weekly private Souulance Sessions	-Take a solo vacation -Home renovations complete.	- New Part time job?





**"THE QUESTION
ISN'T WHO IS
GOING TO LET
ME; IT'S WHO
IS GOING TO
STOP ME."**



Soulance

To express your soul through dance; Inspire from within.