

# Annual Abundance Goals Template

The likelihood of achieving our goals increases when we write our goals down with pen & paper and it's backed up by science. Study after study shows the brain is engaged, focused and activated in areas that process and store information when we physically write.

## Adventure/Experiences

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## Creative

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## Emotional Fulfillment

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## Financial

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## Physical Health & Wellness

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## Intellectual/Educational

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## Relationships

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## Spiritual

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## Material/Things

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## Professional/Career

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## Mental Health & Wellness

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## Legacy: How will you leave your mark?

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