

# Breakthrough Goal

A breakthrough goal is a game-changing goal that would have a profound impact on all other goals.

Set a breakthrough goal that will pave the way for easier navigation towards all your other goals!

By putting your goals on paper, you tap into a powerful part of your brain that enhances follow-through and success. Whether it's a goal related to mental health, self-care, or overall well-being, choose one that ignites your passion and propels you forward on your journey of personal growth. Embrace the power of goal-setting and unlock your true potential!



# Breakthrough Goal

Below is an example of what a breakthrough goal might look like

5-minute Daily  
Meditation

Sleep 8 hours a night

Improved  
Mental Health

On the next blank page, you can work on your own breakthrough goals. As these are PDF files, you can print how ever many you need to write out breakthrough goals.



# Breakthrough Goal

Pick one theme to work on and start working on your breakthrough goal below

A central pink oval is surrounded by seven pink rectangular boxes, arranged in a circle around the oval. The boxes are intended for writing specific, actionable steps to achieve the breakthrough goal.

Write your Breakthrough goal in the oval and then break down your goal into specific, actionable steps, written in the rectangles. Follow through on each one to achieve your breakthrough goal!



# Visualizing Goals

6 months

1 year

Aspirations

5 years

Lifetime



# Visualizing Goals

6 months



# Visualizing Goals

1 year



# Visualizing Goals

5 years

