

# My Sankalpa

MONTH: \_\_\_\_\_

YEAR: \_\_\_\_\_

## I am so happy that ...

(please state your intention clear, detailed, short & specific, measurable, realistic, inspiring, in the 1<sup>st</sup> person & in the present)

## LONG-TERM GOALS

1. in 3 years \_\_\_\_\_
2. in 5 years \_\_\_\_\_
3. in 10 years \_\_\_\_\_

## SHORT-TERM

### HEALTH

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### FAMILY

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### RELATIONSHIPS (friendships, partnerships, social circle)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## FINANCIAL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## BUSINESS / CAREER

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## INTELLECTUAL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## CREATIVE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## SPIRITUAL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

