2020 Goals

**#1 Launch New Business**

Write a business plan. Work with a business coach. Earn $100,000.

Sell 10 coaching packages per month at $850.

**#2 Lift 10% More Weight**

Hit the gym 4 times per week. Take protein powder daily.

Deadlift 350 lbs; Back squat 275 lbs; Bench press 220 lbs.

**Goal #3**

Benchmarks & Action Items

**Goal #4**

Benchmarks & Action Items

**Goal #5**

Benchmarks & Action Items

Other Goals

DAILY: Meditation, visualization, journaling, take vitamins, practice guitar.

WEEKLY: Hike, swim, call my brother, date night, screen-free Saturdays

GOAL: Plant a garden in the spring

GOAL: Double monthly charity contributions

GOAL: Paint the kitchen

GOAL: Buy a new car

GOAL: Read 2 books per month