

The Goal Filter™

Write down the top three goals in each category from your **Mind Dump™** exercise:

Health, Diet, and Physical Fitness

- 1.
- 2.
- 3.

Relationships With Family & Friends

- 1.
- 2.
- 3.

Travel and Adventure

- 1.
- 2.
- 3.

Finances, Earnings, and Investments

- 1.
- 2.
- 3.

Career and Business Development

- 1.
- 2.
- 3.

Personal Goals (toys, houses, spiritual growth, learning a language or musical instrument, etc.)

- 1.
- 2.
- 3.

Community Service, Contribution, and Legacy

- 1.
- 2.
- 3.