

TIMEShift ManifestGOALS

Find Your Happiness

ManifestGOALS

— Much of the happiness we experience in life comes from the goals we consciously set and ultimately achieve. An important part of realizing your goals and aspirations is the naming and recording of who or what you wish to Be, where you want to Go, what you want to Do, See and Have. Think about the life you plan to live within the next year. Stretch yourself. Live your dreams!

Be: what do I want to be in 1 year? (*actualized self*)

In 2017 I am:

Do: what do I want to do in 1 year? (*accomplished act*)

In 2017 I am going to:

Have: what do I want to have in 1 year? (*desires received*)

In 2017 I am going to have a:

Go: where do I want to go in 1 year? (*worldly travel*)

In 2017 I am going to travel to:

See: what do I want to see in 1 year? (*arts & culture*)

In 2017 I am going to see:
