



2024 Personal Goals

One Word for 2024 – *Relentless*

Top 5 Critical Responsibilities Each Day
(Nonnegotiable)

1. Wake up by 5AM.
2. Have a DAWG – Daily Appointment with God.
3. Drink one gallon of water daily.
4. Exercise 2x for 45 mins (*Peloton first AM and weights*)
5. Spend one hour with family

2024 Habits:

One habit to stop: _____

One habit to start: _____

One habit to continue: _____

Top 2024 Goals:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Other Goals for 2024:

Spiritual Goals:

Leadership:

Family Goals:

Professional Goals:

Financial Goals:

Physical Goals:

Fun Goals: