

# “CATCH IT” ... “I’VE GOT IT”



1) For myself I’m going to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2) For someone else I’m going to \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3) In 2011, I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Wanna play?

Write **THREE (3)** goals or desires you want to have happen for 2011. Be as specific as you can. [And by the way, it’s okay to have more than three, just make sure you commit to them.]

- **The 1st** is to do for YOURSELF (ie: a physical change like... a new hair style, lose 10 pounds, run a marathon, drink more water)
- **The 2nd** is to do for SOMEONE else (ie: help someone in need... community service, church or temple, charity event)
- **The 3rd** is to have happen to YOU (ie: Think of what it is YOU want? Maybe to get a promotion or that job you’ve always wanted, get into the college you’ve applied to or get a hole-in-one )

Tape it on your bathroom mirror, closet door, school locker. Read it every day.