

**SIMPLE STEPS**  
**TO AN**  
*Incredible*  
**YEAR**

**A FREE ONLINE COURSE**  
**WITH *Mel* ROBBINS**

**Video 2**



**@melrobbins**

**[melrobbins.com/incredibleyear](http://melrobbins.com/incredibleyear)**

**In Video 2, you learned about the important distinction between E.A.S.Y Dreams and H.A.R.D. Goals!**

**I also guided you through my own dreams and goals in the five key areas of your life. Now it's your turn!**

**1. HEALTH**

**My E.A.S.Y Dreams:**

---

---

---

---

**My H.A.R.D Goals:**

---

---

---

---



**2. WORK**

My E.A.S.Y Dreams:

---

---

---

---

My H.A.R.D Goals:

---

---

---

---

**3. MONEY**

My E.A.S.Y Dreams:

---

---

---

---



**My H.A.R.D Goals:**

---

---

---

---

**4. LOVE AND RELATIONSHIPS**

**My E.A.S.Y Dreams:**

---

---

---

---

**My H.A.R.D Goals:**

---

---

---

---



## 5. SELF WORTH, MENTAL WELLNESS, AND HAPPINESS

My E.A.S.Y Dreams:

---

---

---

---

My H.A.R.D Goals:

---

---

---

---

**Once you complete this exercise, share your biggest insight in the course comments for this video.**

**And, I would love to cheer for you on social media, so take a picture with the cover and tag me, @MelRobbins**

05



@melrobbins  
melrobbins.com/incredibleyear