

# what are your goals?

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## **directions**

List some of your social, financial, family, health/physical, and recreational goals. In some categories you may have more than six goals; in others you may have fewer.

### **my social goals include:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### **my financial goals include:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### **my family goals include:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# what are your goals? (continued)

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## my health/physical goals include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

## my recreational goals include:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# working with your goals

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## what goals are the most important to you?

Choose the two goals from each category that are the most important to you. Identify each goal as short-term (1–4 weeks), medium-term (2–12 months), or long-term (1 year or longer).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_

## prioritize your goals

List and prioritize six of your most important goals. After each goal, identify what you can do now to work toward the goal, and what resources (if any) you need to achieve each goal.

**goal #1** \_\_\_\_\_

What I can do now to work toward this goal:

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The resources I need to achieve this goal are:

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## working with your goals (continued)

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### goal #2

What I can do now to work toward this goal:

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The resources I need to achieve this goal are:

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### goal #3

What I can do now to work toward this goal:

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The resources I need to achieve this goal are:

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### goal #4

What I can do now to work toward this goal:

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The resources I need to achieve this goal are:

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## working with your goals (continued)

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### goal #5

What I can do now to work toward this goal:

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The resources I need to achieve this goal are:

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### goal #6

What I can do now to work toward this goal:

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The resources I need to achieve this goal are:

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