

what are your goals?



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)

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

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:

The resources I need to achieve this goal are:

working with your goals (continued)

goal #2

What I can do now to work toward this goal:

The resources I need to achieve this goal are:

goal #3

What I can do now to work toward this goal:

The resources I need to achieve this goal are:

goal #4

What I can do now to work toward this goal:

The resources I need to achieve this goal are:

working with your goals (continued)

goal #5

What I can do now to work toward this goal:

The resources I need to achieve this goal are:

goal #6

What I can do now to work toward this goal:

The resources I need to achieve this goal are:
