

What Are Your Goals?

Directions

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

My educational goals include:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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. _____

My career goals / my business goals include:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

My health / physical goals include:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

My recreational goals include:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Smart Goals Are Typically:

- S** SPECIFIC
- M** MEASURABLE
- A** ACHIEVABLE
- R** RESULTS-FOCUSED
- T** TIME-FRAMED

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. _____
13. _____
14. _____

Prioritize your goals

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

Goal #1 _____

What I can be doing 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 be doing now to work toward this goal:

The resources I need to achieve this goal are:

Goal #3 _____

What I can be doing now to work toward this goal:

The resources I need to achieve this goal are:

Goal #4 _____

What I can be doing now to work toward this goal:

The resources I need to achieve this goal are:

Goal #5 _____

What I can be doing now to work toward this goal:

The resources I need to achieve this goal are:

Goal #6

What I can be doing now to work toward this goal:

The resources I need to achieve this goal are:

Goal #7

What I can be doing now to work toward this goal:

The resources I need to achieve this goal are:
