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| **Personal Goal- Setting Worksheet** |  | Goal setting is a powerful exercise. When you write your plans, they have a way of being reality. Complete exercise in your journal and keep in a safe place. Spend 10 minutes each morning planning to translate your long-term goals into action steps. Add important events and dates into you agenda book.  |
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| Short-Term Goals (5 years):Immediate Goals (6-12 months):List your 3 most important goals:List some obstacles to accomplishing your goals:What resources will you need?How can you overcome the obstacles?List family members, friends, and co-workers that can help you?Write down the start and end dates for taking action:Take time daily to imagine what your life will be like after you accomplish your goal. Create a vision board to help you with visualizing your future. Write down affirmations to encourage your actions toward your goals. |  | Educational GoalsFinancial Goals * Donate to charity
* Volunteer at a hospital
* Learn new job skill
* Complete project
* Get promotion
* New job
* Investment Account
* Save certain amount
* Get a raise
* Get out of debt

Career GoalsCareer Goals* Earn credits towards degree
* Learn new skill
* Join health club
* Set doctor appointment
* Relax more
* Plan a trip
* Read a book

Aim For Greater Self- UnderstandingCommunity Involvement* Start new hobby
* Attend sports event
* Self care routine

Leisure Time* Attend a house of worship
* Meditate/Pray

Health and Fitness Goals* Quit Smoking
* Eat nutritious food
* Journaling
* Ancestry Kit Profile
* Therapy Services
* Meet new people

Spiritual Growth |