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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 |