

Goals

(name)

(date)

My educational goals include:

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

My social goals include:

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

My financial goals:

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

My family goals include:

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

My health/physical goals include:

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

My recreational goals include:

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

What goals are the most important to you?

Choose 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 could be doing now to work towards that goal and what resources you need to achieve each goal.

Goal #1 _____

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

The resources I need to achieve this goal are:

Goal #2 _____

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

The resources I need to achieve this goal are:

Goal #3 _____

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

The resources I need to achieve this goal are:

Goal #4 _____

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

The resources I need to achieve this goal are:

Goal #5 _____

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

The resources I need to achieve this goal are:

Goal #6 _____

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

The resources I need to achieve this goal are:

Now that you have them broken down, begin working on these goals. If you take a few steps each day, it is better than not doing it at all. Maybe you wanted to finish that crochet blanket. Work for $\frac{1}{2}$ hour every day while watching a show. You might want to work on your relationship with your Dad, resolve to spend an hour each weekend working with him. Whatever the goal----work towards it!