

## Goal Setting

1. *Consider your life now. How would you rate yourself on a scale of 1 to 10 (1 = very dissatisfied 10 = outstanding) in each of these areas of your life today? Write a couple of sentences describing where you are today.*

\_\_\_\_\_ **Health / Physical**

\_\_\_\_\_ **Family / Friends / Relationships**

\_\_\_\_\_ **Career / Business / Work**

\_\_\_\_\_ **Socially / Fun / Recreation**

\_\_\_\_\_ **Financially**

\_\_\_\_\_ **Spiritually / Contribution / Personal Growth**

\_\_\_\_\_ **Emotional / Self-esteem**

\_\_\_\_\_ **Environment**

2. *Where will you be 1 year from now? Rate yourself from 1 to 10.  
You can repeat this exercise for 3 and 5 years from now.*

\_\_\_ **Health / Physical**

\_\_\_ **Family / Friends / Relationships**

\_\_\_ **Career / Business / Work**

\_\_\_ **Socially / Fun / Recreation**

\_\_\_ **Financially**

\_\_\_ **Spiritually / Contribution / Personal Growth**

\_\_\_ **Emotional / Self-esteem**

\_\_\_ **Environment**



<b><i>Top Goals (express in the present tense)</i></b>	<b><i>Target Date</i></b>	<b><i>Why must you achieve this goal?</i></b>	<b><i>Who can help you achieve this goal?</i></b>	<b><i>Milestones (how will you measure progress towards achieving your goal?)</i></b>	<b><i>How will your life be different when you've achieved this goal? How will you feel?</i></b>	<b><i>How will you reward yourself for achieving this goal?</i></b>

Signed .....

Date .....

Date Reviewed .....