

my specific goals

This worksheet can help you clarify the goals you have in different areas of your life. Prioritizing your goals will ensure that you spend your valuable time on items that are most important to you.

When you state your goals, be specific about what you want to achieve and what it will take to get there; examples are listed below in each category. Keep this list in a place where you will see it each day; it will really help you stay focused on what's most important to you!

Career Goals examples: Complete a project, get a promotion, learn a new skill, start a business

Relationship Goals examples: Spend more time with family, create deeper relationships with loved ones

Financial Goals examples: Eliminate debt, stick to a budget, build wealth, save for college, donate to charity

Peace of Mind Goals examples: Join a house of worship, practice relaxation techniques each day

Education Goals examples: Learn a new language, earn a degree, take a class

Health & Fitness Goals examples: Exercise most days, quit a bad habit, make healthy meals, run a 5k race

Community Goals examples: Get involved in a charitable organization, become active in the PTA

Leisure Goals examples: Plan a vacation, make time for relaxing with friends, pursue hobbies
