

MY MAIN GOAL RIGHT NOW

MY NO.1
GOAL IS...

.....
.....

TARGET DATE


How will I know I've reached my goal?

.....
.....

This goal is important to me because...



.....
.....
.....

My key strengths that will help me
achieve this goal are... 

1.
2.
3.
4.
5.

Obstacles that may arise are...

1. →
2. →
3. →
4. →
5. →

How I plan to respond to each obstacle:

.....
.....
.....
.....
.....

What will be good about achieving
my goal?

.....
.....
.....
.....

NEXT BEST STEPS:



1.
2.
3.
4.

LONG TERM DREAMS - SHORT TERM GOALS

DREAMS & GOALS

Imagine your exciting life in 10 or even 20 years from now. Imagine almost anything is possible. Write down everything you'd like to happen. Don't hold back!

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.
16.
17.
18.
19.
20.
21.
22.
23.
24.
25.
26.
27.
28.
29.
30.

Based on your dream or vision choose some good things to try in the near future

GOAL 1:

Action Steps:

1.
2.
3.
4.
5.
6.

GOAL 2:

Action Steps:

1.
2.
3.
4.
5.
6.

GOAL 3:

Action Steps:

1.
2.
3.
4.
5.
6.

ROLES AND GOALS

Set goals for all the roles in your life to expand your goals!

GOALS

AS A FATHER/MOTHER...

Goals:

1.
2.
3.
4.
5.

AS A HUSBAND/WIFE...

Goals:

1.
2.
3.
4.
5.

AS A SON/DAUGHTER...

Goals:

1.
2.
3.
4.
5.

AS A BROTHER/SISTER...

Goals:

1.
2.
3.
4.
5.

AS A FRIEND

Goals:

1.
2.
3.
4.
5.

AS A PROFESSIONAL...

Goals:

1.
2.
3.
4.
5.

AS A NEIGHBOUR

Goals:

1.
2.
3.
4.
5.