



What Are Your Goals?

Directions

List some of your goals in each of the areas below. In some categories you may have more than six goals; in others you may have fewer.

My educational goals include:

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

My social goals include:

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

My financial goals include:

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

My family goals include:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

My health/physical goals include:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

My recreational goals include:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____



What goals are the most important to you?

Choose two goals from each of the categories that you want to focus on in the next 1 to 2 years. 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. _____

On the next page, prioritize your goals to create your Personalized Action Plan. After each goal, identify what you need to do to work toward that goal and what resources you need to achieve each goal. You may decide to only focus on a few goals at a time.



My Action Plan

Example: Goal: Become debt free by May 1, 2010.

- *Pay my rent/mortgage on the 1st of every month.
- *Pay all of my bills in full and on time every month.
- * Develop and stick to a budget.
- *Pay \$100 every month on my credit card.
- *Cut up all of my credit cards today.
- *Apply any extra income towards paying off the car.

Goal#1: _____

* _____

* _____

* _____

* _____

Goal#2: _____

* _____

* _____

* _____

* _____

Goal#3: _____

* _____

* _____

* _____

* _____

Goal#4: _____

* _____

* _____

* _____

* _____

Goal#5: _____

* _____

* _____

* _____

* _____

Goal#6: _____

* _____

* _____

* _____

* _____