

# LIFE AREAS FOR GOAL DEVELOPMENT

Write one short-term (1-3 months) and one long-term (1-10 years) goal for each life area.

## **EDUCATION/CAREER**

My short-term goal is to

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My long-term goal is to

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## **INTELLECTUAL**

(Examples: Take a class, read a book, etc.)

My short-term goal is to

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My long-term goal is to

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**RELATIONSHIPS (SOCIAL)**

My short-term goal is to

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My long-term goal is to

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**EMOTIONAL**

My short-term goal is to

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My long-term goal is to

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**SPIRITUALITY**

My short-term goal is to

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My long-term goal is to

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**HEALTH AND WELLNESS**

My short-term goal is to

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My long-term goal is to

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**FINANCIAL**

My short-term goal is to

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My long-term goal is to

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**LEISURE**

My short-term goal is to

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My long-term goal is to

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