

MY GOALS

3 goals to complete this month. (Be specific; write *how* you will complete each goal.)

Goal 1:

Goal 2:

Goal 3:

**For each goal listed above, what are the *benefits* of completing that specific goal?
(What will you gain?)**

Goal 1:

Goal 2:

Goal 3:

3 short-term goals to complete within the next 3-6 months. Remember to be specific.

Goal 1:

Goal 2:

Goal 3:

For each goal listed above, what are the *benefits* of completing that specific goal?

Goal 1:

Goal 2:

Goal 3:

3 long-term goals to complete within the next 1-3 years.

Goal 1:

Goal 2:

Goal 3:

For each goal listed above, what are the *benefits* of completing that specific goal?

Goal 1:

Goal 2:

Goal 3:

Finally, write down a lifetime goal (something you would like to achieve before you die). Include why this goal is important to you.
