LIFE AREAS FOR GOAL DEVELOPMENT

In the first box, describe what your life is like in that particular area, including why an improvement is necessary. (For example, for physical health someone may write: I am rarely motivated to exercise and I’ve gained at least 15 pounds in the past 6 months. I’ve been eating fast food for lunch every day and it leaves me feeling sluggish. I am tired of feeling this way.) It’s important to identify what it is you don’t like (or what is lacking) to maintain motivation.

In the next two boxes, write a short-term goal - something you can reasonably accomplish in 1-3 months - and a long-term goal (to accomplish in the next 5-10 years). Use the fourth box to write down at least two action steps for each goal. Goals and action steps should be specific and measurable. Once you’ve completed goal-setting for the first life area, move on to the next and so forth. When finished, review your goals and pick one short-term goal to start working on this week. Don’t move on to the next until you’ve achieved your first short-term goal. (Alternatively, if you’re not successful, return to the action planning phase. At any given time you may also choose to set a goal aside and work on something else.) Review and revise your goals often to remain on task.

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**Life Area 1: Health & Wellness**

**Short-Term Goal**

**Long-Term Goal**

**Action Steps**
GOAL DEVELOPMENT: RELATIONSHIPS & SOCIAL HEALTH

Life Area 2: Relationships & Social Health

Short-Term Goal

Long-Term Goal

Action Steps

“You are never too old to set another goal or to dream a new dream.”

— C. S. Lewis
## GOAL DEVELOPMENT: EMOTIONAL WELLNESS

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<th>Life Area 3: Emotional Wellness</th>
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<th>Short-Term Goal</th>
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<th>Action Steps</th>
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Life Area 4: Intellectual Wellness

Short-Term Goal

Long-Term Goal

Action Steps

“If you want to live a happy life, tie it to a goal, not to people or things.”
— Albert Einstein
**Life Area 5: Education, Career, & Professional Development**

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<th>Short-Term Goal</th>
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**Action Steps**

**Short-Term Goal Examples for this Life Area:**
- I will complete my college application and essay by the end of the month.
- I will apply to at least two jobs per day.
- I will attend a professional conference this month.

**Long-Term Goal Examples for this Life Area:**
- I will learn a second language.
- I will earn a doctorate degree.
- I will take over the family company.
ARE YOUR GOALS SMART?

To make sure your goals are clear and reachable, each one should be:

- Specific (simple, sensible, significant).
- Measurable (meaningful, motivating).
- Achievable (agreed, attainable).
- Relevant (reasonable, realistic and resourced, results-based).
- Time bound (time-based, time limited, time/cost limited, timely, time-sensitive).

Source: https://www.mindtools.com/pages/article/smart-goals.htm
GOAL DEVELOPMENT: SPIRITUALITY

Life Area 7: Spirituality

Short-Term Goal

Long-Term Goal

Action Steps
After reviewing your goals for each life area, choose which goal you will pursue first. Write it here:

_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________
_______________________________________________________________________________

Revisit by: ______________________