

# LIFE AREAS FOR GOAL DEVELOPMENT

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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

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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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Life Area 3: Emotional Wellness

Short-Term Goal

Long-Term Goal

Action Steps



# GOAL DEVELOPMENT: INTELLECTUAL WELLNESS

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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

# GOAL DEVELOPMENT: EDUCATION, CAREER, & PROFESSIONAL DEVELOPMENT

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Life Area 5: Education, Career, & Professional Development

Short-Term Goal

Long-Term Goal

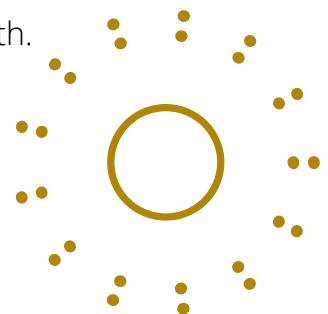
Action Steps

## 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.



# GOAL DEVELOPMENT: FINANCIAL HEALTH

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Life Area 6: Financial Health

Short-Term Goal

Long-Term Goal

Action Steps



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).



# GOAL DEVELOPMENT: SPIRITUALITY

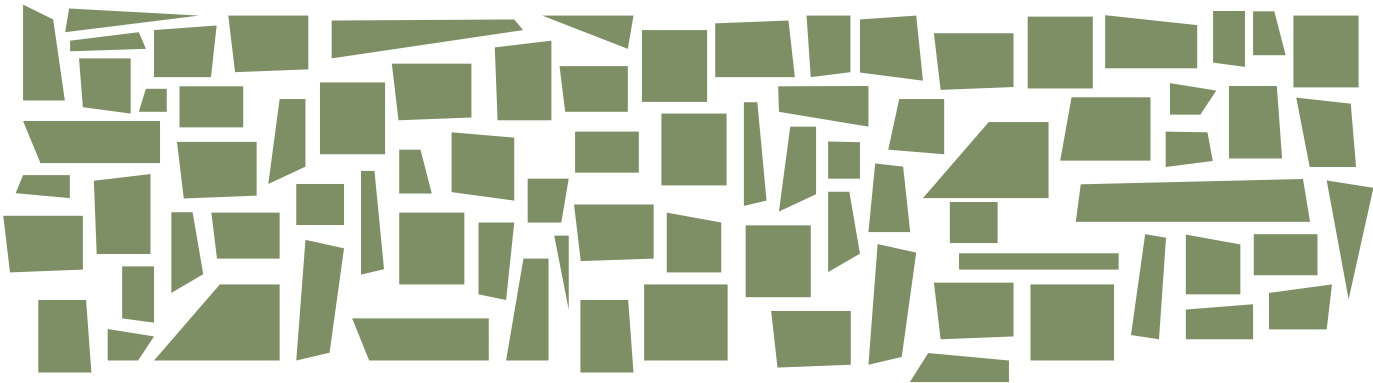
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Life Area 7: Spirituality

Short-Term Goal

Long-Term Goal

Action Steps



# GOAL DEVELOPMENT: LEISURE

Life Area 8: Leisure

Short-Term Goal

Long-Term Goal

Action Steps

