

Goals Worksheet

Name _____ Age _____ Date _____

Directions: Pretend you are going to live to be 100 years old and answer the following questions.

1. How many years do you have left?
2. What are your material goals for your future? (Ie. House, car, bank account, travel, ect.)
3. What career should you choose in order to attain those material things?
4. What do you need to do to get this career?
5. How many years do you think it will take to become successful in this career?
6. What will you do in the meantime to support yourself?
7. What are your non material goals for the future? (Spouse, children, education, friends, family gatherings, etc.)
8. What needs to be done to obtain and maintain these relationships?
9. What are your lifestyle choices you want to incorporate into your future?
(Healthy lifestyle, partying, organic diet, alcohol, clean lifestyle, smoking, drugs, monogamous relationships, promiscuous sexual behavior, etc.)
10. Will these choices help you to get what you need to succeed in your career, material and nonmaterial goals?