My Goals

START DATE:
__/__/____

_____
[YEAR]

SUCCESS DATE:
__/__/____

GOAL:FAMILY

ACTION PLAN
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GOAL:WORK

ACTION PLAN
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GOAL:FRIENDS

ACTION PLAN
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GOAL:PHYSICAL HEALTH

ACTION PLAN
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GOAL:MENTAL HEALTH

ACTION PLAN
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GOAL:SPIRITUAL HEALTH

ACTION PLAN
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____