

LIFE GOALS WORKSHEET

Name: _____

My top goals in each of the following seven areas are:

Health/Fitness/Appearance:

- 1) _____
- 2) _____
- 3) _____

Financial/Income/Investments/Net Worth:

- 1) _____
- 2) _____
- 3) _____

Business/Professional/Career/Job:

- 1) _____
- 2) _____
- 3) _____

Relationships/Family/Friends:

- 1) _____
- 2) _____
- 3) _____

Fun Time/Recreation/Hobbies/Travel:

- 1) _____
- 2) _____
- 3) _____

Personal/Learning/Projects/Purchases:

- 1) _____
- 2) _____
- 3) _____

Contribution/Service/Community/Spiritual:

- 1) _____
- 2) _____
- 3) _____