

Goals for 20__

Physical

1. _____
2. _____
3. _____

Personal/Social

1. _____
2. _____
3. _____

Spiritual

1. _____
2. _____
3. _____

School/Work

1. _____
2. _____
3. _____

Definiteness of Purpose

1. _____
2. _____
3. _____
4. _____
5. _____

Time Table = _____

Goal Questions

1. What are the 5 things I value most in life?
2. (In 30 seconds) What are my 3 most important goals right now?
3. What would I do if I won \$1 million dollars?
4. What would I do if I only had 6 months before I moved away?
5. What have you always wanted to do but were afraid to attempt?
6. What type of activities and what type of things give you the greatest sense of importance, greatest feeling of well-being/self-worth, you feel great about yourself when you are engaged in this activity?
7. If you received one magical wish, what one great thing would you dare to dream if you knew you could not fail?

Identify exactly what I want to accomplish and resolve to pay the price.