



My Goals

Goals can exist in various areas of our lives. Sometimes in setting goals it's helpful to think about the different areas of our lives and what we'd like to accomplish in those areas if we had all the time, motivation, energy and resources in the world. Below brainstorm goals in the different areas of your life.

Employment:

- 1.
- 2.
- 3.

Family Relationships:

- 1.
- 2.
- 3.

Emotional Health

- 1.
- 2.
- 3.

Physical Wellbeing

- 1.
- 2.
- 3.

Spirituality

- 1.
- 2.
- 3.

Other/Undetermined

- 1.
- 2.
- 3.