

Goal Setting

Let's start with a few questions...

- 1) Do you have goals?
- 2) Are they written down?
- 3) Do you review them daily?
- 4) Do you have them with you right now?

How many of these questions did you answer yes to? If not all, let's get to work!

Writing Goals

Super-charge your goals:

1. Write your goals down.
2. In first person, present tense, and positive form.
3. Keep them **SIM**ple.

S Specific (what and when)
I Important (in line with values, gets you fired up)
M Measurable
P
L
E

Examples:

_____ On July 1st, 2018 I have reached my goal weight of 160 lbs. _____

_____ Upon graduation, I achieved a GPA of 3.9. _____

Your turn! _____

1. _____

2. _____

3. _____

Your Goals, Your Life

It's important to have goals in each area of your life, both short and long term. Use the next few pages to plan out goals that are spiritual, social/emotional, education/career/financial, and physical.

Questions to get you thinking...

Spiritual:

What strengths do I have that I want to build on?

What will be the biggest contribution of my life?

How will I live true to what I believe to be right?

Social/Emotional:

What kind of friends will I have around me?

What kind of family will I have?

How will I protect and grow the relationships that mean most to me?

Education/Career/Financial:

What kind of work will I be doing?

Where will I be living?

What will by biggest accomplishments have been?

What education will I get?

What kind of mentors will I need?

Physical:

What will I look like?

What will I feel like?

What will I do now to protect my health in the future?



Short Term Goals

Spiritual:

Social/Emotional:

Education/Career/Financial:

Physical:

Long Term Goals

Spiritual:

Social/Emotional:

Education/Career/Financial:

Physical:
