

Goals For Your Life

Initials/Date: _____

	1 Month	3 Months	1 Year	3 Years	5 Years	10 Years	20 Years	Lifetime
Work								
Family								
Relationships								
Spirit								
Community								
Creative								
Health								

Instructions: (1) Put in your own categories in any of the blank rows. Feel free to delete or modify any of the first six categories. (2) You do not need to fill in all the cells in the tables. It is best to fill in at least eight cells. (3) **Please number the cells in the order that you fill them in.** (4) Each cell represents a goal that you wish to complete by the end of the timeline specified at the top of the column. (5) **As you scan the blank table, move towards whatever cell "calls out" to you, and fill in a goal for that box. Put the number 1 in the corner of that box, to denote it as your first priority. Then move towards another cell that calls out to you, and fill it in with a goal, putting the number 2 in its corner. Continue in this fashion until you have completed eight or more cells.** (6) Remember: this exercise is a more intuitive than rational process. Whatever goals call out to you are the "right goals." Do not try to make the collection of goals fit into a coherent pattern.