

# Goal-setting Worksheet

To help you become the person you want to be.

## Theme for the year/period:

*(A word or phrase that sets the tone for this year and describes who you will be looking back, i.e. financially independent podcaster, loving partner in a fulfilling relationship, New York times listed author)*

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## Categories of focus:

*(These are the major areas of your life that help you become who you want to be. Some may resonate more than others, but all should be taken into consideration. Pick 1, at most 2 goals for each category. These should be measurable and attainable, i.e. within your capability)*

### Physical Health

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### Finances

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### Career / School

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### Mental Health / Mindfulness / Spirituality

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### Family / Relationships / Social

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Adventure & Fun

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Other: \_\_\_\_\_

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Have fun. Goals are something exciting and challenging to look forward to. They shouldn't be forced. They are merely the written expression of dreams and desires already with you, asking to be pursued. Go after them and enjoy the journey.

