



## Goal Setting for the *Good Life*: 11 Goal Categories

This week, we'll be working on our 1 year goals! Follow these step to complete activities 1 and 2 for this week. Make sure to pull out the work you completed in weeks 1 and 2!

**Step #1:** Chose your 1 year time frame. Either you achieve these goals one year from today, or you achieve these goals in 2017.

**Step #2:** Write out 1-2 goals for each of these 11 goal categories below.

**Step #3:** Chose the top 3-5 categories that most light you up and circle them. Set by whens for each chosen goal. Maning pick a date for when you'd like to achieve them.

**\*\*IMPORTANT!!!\*\*** Write your goals like this:

I (have/am/are/will be/give/do) \_\_\_\_\_ by/before \_\_\_\_\_.  
I **will** travel to bali **by** Jun 2017.

**Step #4:** Chose 3-5 action plans for each goal. Action plans are like mini goals that will help you achieve your main goals. These items are schedulable! Make sure to set a by when for each of these as well!

**Step #5:** Schedule your goals and action plans in order of when you'd like to achieve them! Input into your calendar and set reminders!

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### Categories

1. Career
2. Health and Wellness
3. Wealth and Finances
4. Material Items
5. Love and Romance
6. Personal Development
7. Spirituality and Faith

8. Home Life and Living

9. Attitude

10. Relationships

11. Recreation