

SHORT TERM GOALS

Things I would like to have happen to me in the next six months:

How much money would I like to earn?

What specific habit would I like to develop?

What specific habit would I like to break?

What personality trait would I like to develop?

What kind of home would I like to live in?

What would I like to do on my next vacation?

How can I communicate better with my family members?

What specific person would I like to have as a closer friend?

What occupational skill would I like to strengthen?

What new hobby would I like to begin?

What would solve a particular problem I have now?

What study habits would I like to acquire?

What specific improvements in my physical condition would I like to make?

How much would I like to weigh?

What physical activity would I like to start?

How much money would I like to save each month?

What debts would I like to pay off?

What additional education would I like to have?

What would I like to do for my community?

What would I like to do for my church?

What image would I like to communicate to other?

What things can I do to build up the members of my family?

What activities can I do with my family members?

What common interests can I involve myself in with other family members?

What spiritual qualities would I like to develop?

Other things I would like to have happen to me in the next six months:

LIFETIME GOALS

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

How will I spend the next five years?

What will I do if money is no object?

If I know that I will be struck by lightning six months from today, how will I live until then?

Choose three goals from the above list of lifetime goals, and brainstorm the activities for achieving for achieving those goals:

- A.
- B.
- C.