

# MY GOALS FOR 2011

Name: \_\_\_\_\_

<p><b>8</b></p> <p>categories for a clearer picture of your <b>NEEDS and WANTS</b></p>	<p><b>S</b></p> <p>List down your goals <b>SPECIFICALLY</b></p>	<p><b>M</b></p> <p>How would you <b>MEASURE</b> your success?</p>	<p><b>A</b></p> <p>Describe your <b>ACTION PLANS</b></p>	<p><b>R</b></p> <p>Are your goals <b>REALISTIC?</b> Doable? Attainable? (Yes/No)</p>	<p><b>T</b></p> <p>What is your <b>TIME</b> frame for these goals?</p>	<p><b>E</b></p> <p><b>EXPECTATION MANAGEMENT</b> Under what circumstances will you consider adjustments?</p>	<p><b>R</b></p> <p><b>REVELATION</b> Write a promise or verse from the Bible that supports these goals</p>
<p><b>Spiritual Life</b> Bible, Daily Devotion, Church Ministry, Soul-Winning</p>							
<p><b>Family &amp; Friends</b> Improve Relationships, Marriage, Quality Time</p>							
<p><b>Health</b> Weight Loss/Gain, Physical Fitness, Cholesterol Level, Body Mass Index</p>							
<p><b>Emotional, Psychological Growth</b> Control Anger, Increase Risk-Taking, Handle Depression</p>							
<p><b>Education, Intellectual, Professional</b> Promotion, Skill Training, Reading, New Courses</p>							
<p><b>Material</b> New Car, Home Upgrade, Finance, Investments, Debt Reduction</p>							
<p><b>Leisure</b> More time for Sports, Vacation, Hobbies, Sleep &amp; Rest</p>							
<p><b>Creativity</b> Taking up Painting, Gardening, Drama, Creative Arts, New Business Ideas</p>							