

My Goal Setting	
<i>Category : Eg. Health</i>	
Ultimate Goal	
Set your ultimate long term goal for this category here. Be detailed and descriptive.	
Ultimate Purpose	
No goals can sustain for long without a strong purpose for it. What is your purpose for that ultimate goal?	
Role	
What is the character or role you must adopt to achieve this goal? Eg. Athlete, fitness expert, nutritionist	
Resources	
List down resources that you currently have, or can obtain to help in your goals.	
1 Year Goals	
What are your short term goal for the coming year	
Quarterly goals	
Q1 : Break down the 1 year goal into smaller action steps for each quarter	
Q2 :	
Q3 :	
Q4 :	