

Name \_\_\_\_\_

Date \_\_\_\_\_

# SETTING LIFE GOALS

## WORKSHEET

For each category listed below, write down the things you are doing well, and the areas where you need improvement. Then, write a goal or two for each category.

Category	What I'm Doing Well	Where I Need Improvement	My Goals
Family			
Friends			
Work/School			
Spirituality			
Body			
Mental Health			