

MY GOALS FOR 2011

Name: _____

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