

Setting Your Goals

(Write them in the format that you have already achieved the goal/task, e.g. I am, I have, etc.)

What is important to me? What would I like to achieve? Suggested Headings may include:
Career
Family/Relationships
Health & Fitness
Personal Growth (& Spirituality)
Community

Goal:	Started	Progress	Completed
Task 1:			
Task 2:			
Task 3:			
Task 4:			
Task 5:			