



For each category set three goals. Short Term 1–12 months. Medium Term 1–3 years. Long Term 4–10 Years.

PROFESSIONAL / CAREER

Example: Study Law, Engage In work experience.

1. _____
2. _____
3. _____

FINANCIAL

Example: Save \$1000 in 12 months.

1. _____
2. _____
3. _____

EDUCATIONAL

Example: B+ for English, Read a book every month.

1. _____
2. _____
3. _____

ADVENTURE / TRAVEL

Example: Skydive, Visit a Greek Island.

1. _____
2. _____
3. _____

MATERIAL

Example: Buy AirPods.

1. _____
2. _____
3. _____

FAMILY / FRIENDS

Example: Call Grandma once a week.

1. _____
2. _____
3. _____

HEALTH & FITNESS

Example: Run for 20 mins 3 times a week.

1. _____
2. _____
3. _____

SPIRITUAL / ETHICAL

Example: Be more empathic.

1. _____
2. _____
3. _____

COMMUNITY SERVICE

Example: Raise money for cancer research.

1. _____
2. _____
3. _____

PSYCHOLOGICAL

Example: Learn how to stay calm.

1. _____
2. _____
3. _____