



Establishing Your Goals

As you establish goals, give yourself permission to be outstanding and to have some fun! Then, communicate your goals to anyone you want to be part of your support system.

My most important **CAREER** goal:

In one year: _____

In three years: _____

In five years: _____

My most important **FAMILY** goal:

In one year: _____

In three years: _____

In five years: _____

My most important **FINANCIAL** goal:

In one year: _____

In three years: _____

In five years: _____

My most important **MENTAL** goal:

In one year: _____

In three years: _____

In five years: _____

My most important **PHYSICAL** goal:

In one year: _____

In three years: _____

In five years: _____

My most important **SOCIAL** goal:

In one year: _____

In three years: _____

In five years: _____

My most important **SPIRITUAL** goal:

In one year: _____

In three years: _____

In five years: _____

P.S. You have just completed the first step in reaching your goals!!