

goalselectionworksheet



Identify at least three motivating goals for each category.

Job/career/business
1/
2/
3/

Self Improvement
1/
2/
3/

Health & Wellness
1/
2/
3/

Friends & Family
1/
2/
3/

Finances
1/
2/
3/

Religious or Spiritual
1/
2/
3/

Personal Relationships
1/
2/
3/

Fun
1/
2/
3/

Home
1/
2/
3/

Now, select the top five, most important goals, to work on as a matter of priority.

My top five goals that matter the most

1/
2/
3/
4/
5/