

Goals for Your Life

	One Week	One Month	Three Months	One Year	Three Years	Five Years	Ten Years	Twenty Years	Lifetime
Work									
Family									
Relationship									
Spirit									
Community									
Creativity									
Health									

Instructions: (1) Put in your own categories in any of the blank rows. Feel free to delete or modify any of the first six categories. (2) You do not need to fill in all the cells in the table. It is best to fill in at least eight cells. (3) Each cell represents a goal that you wish to complete by the end of the timeline specified at the top of the column. (4) As you scan the blank table, move towards whatever cell "calls out" to you, and fill in a goal for that box. Put the number "1" in the corner of that box, to denote it as your top priority. Then move towards another cell that calls out to you, and fill it in with a goal, putting the number "2" in its corner. Continue in this fashion until you have completed eight or more cells. (5) Remember: this exercise is a more intuitive than rational process. Whatever goals call out to you are "the right goals." Do not try to make the collection of goals fit into a coherent pattern.

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