



## Personal Goals / Dreams

I. In your mind's image of your ideal world, your life would look like this in each area:

### Self

#### Physical

**Health (includes physical strength, energy, and stamina):**

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**Appearance / Weight:**

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**Mental (clarity, alertness, educational challenge):**

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**Emotional (happiness, satisfaction, content, self-confidence, etc.):**

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**Spiritual (as you define it):**

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### Family

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**Environment (home, location, etc.)**

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**Work / Volunteer Work**

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**Money**

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**Hobbies / Leisure**

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**II. Now determine how close you are to “ideal” in each of these areas on a scale of 0-10 (0 being furthest and 10 being closest to ideal):**

**Self**

**Physical / Health** \_\_\_\_\_

**Money** \_\_\_\_\_

**Physical / Appearance** \_\_\_\_\_

**Hobbies / Leisure** \_\_\_\_\_

**Mental** \_\_\_\_\_

**Emotional** \_\_\_\_\_

**Spiritual** \_\_\_\_\_

**Family** \_\_\_\_\_

**Environment** \_\_\_\_\_

**Work / Volunteer Work** \_\_\_\_\_

**III. What are the hurdles that are keeping you from reaching a “10” in each area?**

**Self**

**Physical**

**Health (includes physical strength, energy, and stamina):**

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**Appearance / Weight:**

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**Mental (clarity, alertness, educational challenge):**

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**Emotional (happiness, satisfaction, content, self-confidence, etc.):**

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**Spiritual (as you define it):**

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**Family**

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**Environment (home, location, etc.)**

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**Work / Volunteer Work**

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**Money**

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**Hobbies / Leisure**

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**IV. What actions can you take to overcome the hurdles you listed for each area:**

**Self**

**Physical**

**Health (includes physical strength, energy, stamina):**

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**Appearance / Weight:**

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**Mental (clarity, alertness, educational challenge):**

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**Emotional (happiness, satisfaction, content, self-confidence, etc.):**

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**Spiritual (as you define it):**

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**Family**

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**Environment (home, location, etc.)**

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**Work / Volunteer Work**

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**Money**

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**Hobbies / Leisure**

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V. Rank the areas by most important or most desirable to least important to you.

(1 = most important / desirable)

Self

Physical / Health \_\_\_\_\_

Physical / Appearance \_\_\_\_\_

Mental \_\_\_\_\_

Emotional \_\_\_\_\_

Spiritual \_\_\_\_\_

Family \_\_\_\_\_

Environment \_\_\_\_\_

Work / Volunteer Work \_\_\_\_\_

Money \_\_\_\_\_

Hobbies / Leisure \_\_\_\_\_

VI. Now rank the areas by easiest to accomplish based on the hurdles you listed and the actions necessary to overcome. (1 = easiest)

Self

Physical / Health \_\_\_\_\_

Physical / Appearance \_\_\_\_\_

Mental \_\_\_\_\_

Emotional \_\_\_\_\_

Spiritual \_\_\_\_\_

Family \_\_\_\_\_

Environment \_\_\_\_\_

Work / Volunteer Work \_\_\_\_\_

Money \_\_\_\_\_

Hobbies / Leisure \_\_\_\_\_

Now select the #1 area from each list – the most important / desirable and the easiest. These are the 2 goals on which you should begin to focus. One will obviously be short term and easy to achieve and the other will probably be more long term, but more rewarding. Once you have achieved these goals, begin to choose from the rest of your list.