



## *Activity 1: Identifying My Goals*

Write down 5 to 10 major goals that you want to accomplish. Areas to consider are: education, career, finance, health, family, social and spiritual.

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |



## *Activity 2: Goals and Barriers*

Choose two goals from Activity 1.

Write down specific barriers that you need to overcome in order to complete your goals.

<b>Goal One</b>	<b>Barriers</b>
<b>Goal Two</b>	<b>Barriers</b>

### ***Activity 3: Developing My Goal***

Review your goals and barriers from Activity 2. Choose one goal and begin to break those ideas into smaller parts. You can write them as a mind map or an outline.



### ***Activity 4: My Goal Statements***

Write specific goal statements. Use your ideas from Activity 3.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

