

LIFE GOALS

TAKE TIME TO REFLECT ON EACH AREA OF YOUR LIFE LISTED UNDER "CATEGORY". FILL IN EACH BLOCK AS CLEARLY AND HOSNESTLY AS POSSIBLE. THIS EXERCISE WILL HELP YOU GET A BETTER IDEA OF THOSE AREAS THAT ARE WORKING WELL IN YOUR LIFE, AND THOSE YOU MAY WANT TO IMPROVE.

WHAT ARE YOUR GOALS? IT IS IMPORTANT TO STAY FOCUSED, MOTIVATED, AND DISCIPLINED AS YOU MOVE FORWARD ON YOUR JOURNEY TO ACHIEVE THEM.

CATEGORY	WHAT'S GOING WELL	WHERE I NEED IMPROVEMENT	MY GOALS
<i>FAMILY & FRIENDS</i>			
<i>WORK/HOME</i>			
<i>EATING HABITS</i>			
<i>PHYSICAL ACTIVITY</i>			
<i>MENTAL HEALTH (STRESS)</i>			
<i>SPIRITUALITY</i>			
FINANCES			

Struggling to reach your goals? Coaching can help. Let's work together to create the changes you're ready for. Reach out today.

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CONTINUATION PAGE FOR ADDED DETAILS.

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