

**#Name# Goal Setting / Life Plan (Start Date to Achieve Date)**

**My Life Purpose – *Write this after completing the template***

This is a summary of all that you will write on the following pages....

***My Current Status / Where I Am Right Now - Aspects for me to build on***

***Things that make me happy - Aspects that will integrate into plan***

***Things that make me unhappy - Taking actions to eliminate these***

**My Ideal Life/Dreams/Goals that I can foresee achieving in 5 Years:**

***My Loves (Who, what and things I love doing)?***

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***What are my Skills & Capabilities?***

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***What is my Business / Work Perspective?***

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***What are my Soft Skills/People Skills?(Personal Attributes and Interpersonal Skills – ie I'm optimistic, good communicator)***

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***My Track Record (what have I achieved):***

***Go back in time and realize your accomplishments in every aspect of your life or career...***

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<b><i>In Life -</i></b>

<b><i>In Business / Work -</i></b>

**Goal Setting (Set as many goals as you wish. Recommend is 3 to 5 per group)**

**Career - My Ideal Work Style**  
*Strategies and actions on how to get there*

No	Goal Description	Action Plan – Strategy	Start Date	Achieve Date
1				
2				
3				

**Family - My Ideal Family Life**

No	Goal Description	Action Plan – Strategy	Start Date	Achieve Date
1				
2				
3				

**Significant Other – My Ideal Other**

No	Goal Description	Action Plan – Strategy	Start Date	Achieve Date
1				
2				
3				

**Friendships - My Ideal Friendships**

No	Goal Description	Action Plan – Strategy	Start Date	Achieve Date
1				
2				
3				

**Fun and Recreation – My Ideal Fun and Recreation**

No	Goal Description	Action Plan – Strategy	Start Date	Achieve Date
1				
2				
3				

**Interests / Learning - My Ideal Interests/Learning**

No	Goal Description	Action Plan – Strategy	Start Date	Achieve Date
1				
2				
3				

**Location – My Ideal Location**

No	Goal Description	Action Plan – Strategy	Start Date	Achieve Date
1				
2				
3				

**Physical Health/Exercise - *My Ideal Health / Exercise Life***

No	Goal Description	Action Plan – Strategy	Start Date	Achieve Date
1				
2				
3				

**Community - *My Ideal Community***

No	Goal Description	Action Plan – Strategy	Start Date	Achieve Date
1				
2				
3				

**Spiritual, Mental – *My Ideal Spiritual and Mental Practice***

No	Goal Description	Action Plan – Strategy	Start Date	Achieve Date
1				
2				
3				