7 Areas of Life Worksheet

Career and business Short term Long term Goal(s): Goal(s): Start date(s): Start date(s): Target date(s): Target date(s): Time frame(s): Time frame(s): Current action(s): Current action(s):	Client name:	Age:	Gender:
Short term Goal(s): Goal(s): Start date(s): Target date(s): Time frame(s): Time frame(s):	Other relevant information (if needed):		
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Short term	Long term
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Finances

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):

Short term	Long term
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Intellectual or educational

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):

Short term	Long term
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Relationships

Long term
Goal(s):
Start date(s):
Target date(s):
Time frame(s):
Current action(s):

Short term	Long term
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Health and wellness

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):

Short term	Long term
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Personal

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
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Action plan(s): Milestones:	Action plan(s): Milestones:

Short term	Long term
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Spiritual

Short term	Long term
Goal(s):	Goal(s):
Start date(s):	Start date(s):
Target date(s):	Target date(s):
Time frame(s):	Time frame(s):
Current action(s):	Current action(s):

Short term	Long term
Action plan(s):	Action plan(s):
Milestones:	Milestones:
Status(es):	Status(es):
Challenge(s):	Challenge(s):
Additional note(s):	Additional note(s):

Additional notes