

Design Your Life Worksheet

Personal Reflection:

1. Self-Discovery:

2. Current Life Assessment:

Goal Setting:

3. Short-term Goals (1-6 months):

4. Medium-term Goals (6 months - 2 years):

5. Long-term Vision (2+ years):

Action Plan:

6. Breakdown of Goals:

7. Timeline:

8. Resources Needed:

Continuous Improvement:

9. Learning and Growth:

10. Reflection: