

Life Goal Planner

Personal information		
Name:		Age:
Current occupation:		
Contact information:		
Date:		
Vision statement		
Define your overarching vision for your life. What do you want to achieve in the long run?		
Categories of life goals		
1. Career		
Short-term goals (1-2 years)	Medium-term goals (3-5 years)	Long-term goals (5+ years)
2. Personal development		
Skills to acquire	Educational goals	

3. Health and wellness		
Fitness goals		Nutritional goals
4. Relationships		
Family	Friendships	Romantic relationships
5. Financial		
Short-term financial goals		Long-term financial goals
6. Hobbies and interests		
Personal projects		Travel goals

Action plan

- Break down each goal into actionable steps.
- Assign deadlines and milestones.
- Identify potential obstacles and develop strategies to overcome them.
- List resources needed for each goal.

Progress tracking

- Regularly update your progress for each goal.
- Reflect on what is working and what needs adjustment.
- Celebrate small victories and learn from setbacks.

Review and adjust

- Conduct periodic reviews (monthly, quarterly, annually) to assess progress.
- Adjust goals and action plans as needed.
- Stay flexible and open to adapting your plan based on life changes and new opportunities.

Additional notes