

Life Goals Worksheet

Name:	Ethan Clark	Age:	30	Date:	03/06/2024
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This worksheet is designed to help you identify and clarify your life goals. By setting clear goals, you can create a roadmap for your future and take steps toward achieving the life you desire.

1. Reflect on Your Values

What values are most important to you? (e.g., family, health, career, education)

Independence
Adventure
Authenticity
Loyalty

2. Identify Your Life Goals

Consider the different areas of your life: personal development, career, relationships, health, finances, and leisure. What are your top goals in each area?

Personal Development:

Develop a more positive outlook on life.

Career:

Find a job that aligns with my interests in technology and gaming.

Relationships:

Maintain a strong, supportive relationship with my girlfriend.

Health:

Stay active and fit through regular gym sessions and airsoft games. Finally reach 120 kg on deadlifts and 150 on squats.

Finances:

Save for future investments and maintain financial stability

Leisure:

Dedicate time to enjoy gaming and travel with my girlfriend. Get at least 4 pieces in my airsoft arsenal.

3. Prioritize Your Goals

Which of these goals are the most important to you right now?

Goal 1: Finding a job that aligns with my interests.

Goal 2: Maintaining a strong relationship with my girlfriend.

4. Set SMART Goals

For each of your top priorities, set SMART goal targets (Specific, Measurable, Achievable, Relevant, Time-bound).

Goal 1:

Specific: Secure a job in the gaming industry that allows me to work with cutting-edge technology

Measurable: Receive at least 3 job offers

Achievable: Network with industry professionals and update my skills through online courses

Relevant: A job in the gaming industry aligns with my passion for technology and gaming

Time-bound: Find a job within 6 months

Goal 2:

Specific: Have a periodic weekend getaway with my girlfriend

Measurable: Organize four trips within the next year

Achievable: Set aside a budget for travel and coordinate schedules in advance

Relevant: Have more quality time to support a healthy relationship

Time-bound: Start with the first trip by the end of June 2024

For any additional goals:

None

5. Action Plan

What steps do you need to take to achieve each goal?

Goal 1 Steps:

Update my resume and portfolio with recent projects.
Attend gaming industry networking events and conferences.
Enroll in a game development course to enhance my skills.

Goal 2 Steps:

Research and plan a trip to a nearby city for our first getaway.
Create a travel fund to save for our trips.
Coordinate our work schedules to ensure we have the same weekend off.

For any additional goals:

None

6. Reflection

How do you feel about these goals and your plan to achieve them?

I feel optimistic about these goals, especially since they align with my interests and values. I'm excited to work towards a more fulfilling career and continue building a strong relationship with my girlfriend.

Life Coach / Mental Health Professional's Comments and Recommendations

Ethan shows a clear understanding of his values and goals. Encouraging him to explore his interests further and maintain open communication with his partner will be key to his success.