

# Life Goals Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Practitioner: \_\_\_\_\_

Session date: \_\_\_\_\_ Next session date: \_\_\_\_\_

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.

## Reflect on your values

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

## 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:**

**Career:**

**Relationships:**

**Health:**

**Finances:**

**Leisure:**

### **Prioritize your goals**

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

### **Set SMART goals**

For your top priority, set SMART goal targets (Specific, Measurable, Achievable, Relevant, Time-bound)

#### **Goal**

- 1.
- 2.
- 3.

#### **Additional notes:**

### **Action plan**

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

#### **Additional notes:**

**Reflection**

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

**Practitioner notes**