

# Life Goals Worksheet

<b>Name:</b>		<b>Age:</b>		<b>Date:</b>	
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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)

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## 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:**

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**Career:**

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**Relationships:**

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**Health:**

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**Finances:**

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**Leisure:**

### 3. Prioritize Your Goals

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

### 4. Set SMART Goals

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

**Goal 1:**

Specific:

Measurable:

Achievable:

Relevant:

Time-bound:

**Goal 2:**

Specific:

Measurable:

Achievable:

Relevant:

Time-bound:

**For any additional goals:**

## 5. Action Plan

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

**Goal 1 Steps:**

**Goal 2 Steps:**

**For any additional goals:**

## 6. Reflection

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

**Life Coach / Mental Health Professional's Comments and Recommendations**