

MY GOALS

Name: _____

<p style="text-align: center;">8</p> <p style="text-align: center;">categories for a clearer picture of your NEEDS and WANTS</p>	<p style="text-align: center;">S</p> <p style="text-align: center;">List down your goals SPECIFICALLY</p>	<p style="text-align: center;">M</p> <p style="text-align: center;">How would you MEASURE your success?</p>	<p style="text-align: center;">A</p> <p style="text-align: center;">Describe your ACTION PLANS</p>	<p style="text-align: center;">R</p> <p style="text-align: center;">Are your goals REALISTIC? Doable? Attainable? (Yes/No)</p>	<p style="text-align: center;">T</p> <p style="text-align: center;">What is your TIME frame for these goals?</p>	<p style="text-align: center;">E</p> <p style="text-align: center;">EXPECTATION MANAGEMENT Under what circumstances will you consider adjustments?</p>	<p style="text-align: center;">R</p> <p style="text-align: center;">REVELATION Write a promise or verse from the Bible that supports these goals</p>
<p style="text-align: center;">Spiritual Life</p> <p style="text-align: center;">Bible, Daily Devotion, Church Ministry, Soul-Winning</p>							
<p style="text-align: center;">Family & Friends</p> <p style="text-align: center;">Improve Relationships, Marriage, Quality Time</p>							
<p style="text-align: center;">Health</p> <p style="text-align: center;">Weight Loss/Gain, Physical Fitness, Cholesterol Level, Body Mass Index</p>							
<p style="text-align: center;">Emotional, Psychological Growth</p> <p style="text-align: center;">Control Anger, Increase Risk-Taking, Handle Depression</p>							
<p style="text-align: center;">Education, Intellectual, Professional</p> <p style="text-align: center;">Promotion, Skill Training, Reading, New Courses</p>							
<p style="text-align: center;">Material</p> <p style="text-align: center;">New Car, Home Upgrade, Finance, Investments, Debt Reduction</p>							
<p style="text-align: center;">Leisure</p> <p style="text-align: center;">More time for Sports, Vacation, Hobbies, Sleep & Rest</p>							
<p style="text-align: center;">Creativity</p> <p style="text-align: center;">Taking up Painting, Gardening, Drama, Creative Arts, New Business Ideas</p>							