

# Annual Goal Setting Worksheet

## Life Categories

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### DIRECTIONS:

1. For each category, think about what is a short-range goal, a mid-range goal and a long-term goal.
2. Don't worry about the order in which you write your goals or if they're realistic, simply write down whatever comes to mind.
3. Get specific and include measurables for each goal.
4. When writing your annual goals, include the emotional quality of why or the purpose behind your goal.
5. Lastly, include a deadline, for example: by the end of the year or in the next five years.
6. Note: Highlight the top three goals for the current year from all of the categories. Print and revisit the worksheet each month as a helpful reminder of this year's intentions.

### I. **PHYSICAL ENVIRONMENT** (home, appearance, transportation, location)

Timeframe	Goal + Reasons (why is this important to you)	Deadline (general)
One Short-Range Goal		
One Mid-Range Goal		
One Long-Term Goal		

### II. **HEALTH/WELLBEING** (eating, fitness, sleep, mental health, self-care)

Timeframe	Goal + Reasons (why is this important to you)	Deadline (general)
One Short-Range Goal		
One Mid-Range Goal		
One Long-Term Goal		

### III. **FINANCIAL** (budgeting, saving, income, investment)

Timeframe	Goal + Reasons (why is this important to you)	Deadline (general)
One Short-Range Goal		
One Mid-Range Goal		
One Long-Term Goal		

**IV. SPIRITUAL** (religion, learning, connectedness, personal growth)

<b>Timeframe</b>	<b>Goal + Reasons (why is this important to you)</b>	<b>Deadline (general)</b>
One Short-Range Goal		
One Mid-Range Goal		
One Long-Term Goal		

**V. PROFESSIONAL** (work, hours, purpose, performance, direction)

<b>Timeframe</b>	<b>Goal + Reasons (why is this important to you)</b>	<b>Deadline (general)</b>
One Short-Range Goal		
One Mid-Range Goal		
One Long-Term Goal		

**VI. RELATIONSHIP/ROMANCE** (partner, communication, intimacy, balance)

<b>Timeframe</b>	<b>Goal + Reasons (why is this important to you)</b>	<b>Deadline (general)</b>
One Short-Range Goal		
One Mid-Range Goal		
One Long-Term Goal		

**VII. FAMILY** (kids, extended family, relationships, community, support, quality, time, balance)

<b>Timeframe</b>	<b>Goal + Reasons (why is this important to you)</b>	<b>Deadline (general)</b>
One Short-Range Goal		
One Mid-Range Goal		
One Long-Term Goal		

**VIII. RECREATION** (fun, passions, hobbies, leisure)

<b>Timeframe</b>	<b>Goal + Reasons (why is this important to you)</b>	<b>Deadline (general)</b>
One Short-Range Goal		
One Mid-Range Goal		
One Long-Term Goal		