

Life Goal Planner

PERSONAL INFORMATION

Name: _____ Age: _____

Current occupation: _____ Contact information: _____

Date: _____ dd / mm / yyyy

VISION STATEMENT

Define your overarching vision for your life. What do you want to achieve in the long run?

CATEGORIES OF LIFE GOALS

1. Career

Short-term goals (1-2 years):

Medium-term goals (3-5 years):

Long-term goals (5+ years):

2. Personal development

Skills to acquire:

Educational goals:

3. Health and wellness

Fitness goals:

Nutritional goals:

4. Relationships

Family:

Friendships:

Romantic relationships:

5. Financial

Short-term financial goals:

Long-term financial goals:

6. Hobbies and interests

Personal projects:

Travel goals:

ACTION PLAN

Break down each goal into actionable steps.Assign deadlines and milestones.Identify potential obstacles and develop strategies to overcome them.List resources needed for each goal.

PROGRESS TRACKING

Regularly update your progress for each goal.Reflect on what is working and what needs adjustment.Celebrate small victories and learn from setbacks.

REVIEW AND ADJUST

Conduct periodic reviews (monthly, quarterly, annually) to assess progress.Adjust goals and action plans as needed.Stay flexible and open to adapting your plan based on life changes and new opportunities.

ADDITIONAL NOTES

Specify below: