Life Goals Worksheet

Name: _____ Date: _____ dd / mm / yyyy

Age: _____ Practitioner: _____

Session date: _____ dd / mm / yyyy Next session date: _____ dd / mm / yyyy

REFLECT ON YOUR VALUES

What values are most important to you?

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:

Goal 2:

Goal 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

Specify below: