

Goal Exploration

Meaningful goals can give direction to your life, highlight your most important values, and give a sense of purpose. In this activity, you will think about your goals in seven different areas. Begin by writing a 5-year goal, followed by more specific 1-year and 1-month goals.

- Write goals that are measurable. For example, instead of “get healthy” make a goal of “exercising 5 days a week and eating vegetables with every meal”.
- Choose goals that are within your control. For example, “get a promotion at work” requires *others* to act. However, “take courses to improve my professional skills” is in your control.
- When thinking of 5-year goals, ask yourself how you would like your life to look in 5 years. Then, think of your 1-year and 1-month goals as stepping stones to that 5-year goal.



Social



Career



Physical



Family



Leisure



Personality



Other



Social

Social goals may include devoting time to friendships, participating in social activities, or building a social support network.

My 5-year goal:

My 1-year goal:

My 1-month goal:

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Career

Career goals may include advancing in your current career, furthering education, starting a business, retiring, or switching careers.

My 5-year goal:

My 1-year goal:

My 1-month goal:



Physical

Physical goals may include exercising regularly, developing healthy habits (e.g. diet and sleep), losing weight, or participating in a sport.

My 5-year goal:

My 1-year goal:

My 1-month goal:

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Family

Family goals may include spending more time with children, rekindling relationships with extended family members, trying new family activities, or improving communication.

My 5-year goal:

My 1-year goal:

My 1-month goal:



Leisure

Leisure goals may include finding a new hobby, setting aside time to practice a current hobby, trying new things you enjoy, or finding time to relax.

My 5-year goal:

My 1-year goal:

My 1-month goal:

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Personality

Personality goals may include improving your attitude, increasing self-esteem, or reducing unwanted behaviors (e.g. anger outbursts).

My 5-year goal:

My 1-year goal:

My 1-month goal:



Other

Other goals may be anything that did not fit in another category.

My 5-year goal:

My 1-year goal:

My 1-month goal: