What Do You Want?

**Purpose:** To establish three sets of goals and to examine what you are really working toward accomplishing.

**Instructions:**

1. Write down what goals you would like to accomplish in the following areas. If you do not have a goal in a particular area, that is okay. You decide.

   **FAMILY:**
   1. 
   2. 

   **PHYSICAL:**
   1. 
   2. 

   **MENTAL:**
   1. 
   2. 

   **SOCIAL:**
   1. 
   2. 

   **RELIGIOUS:**
   1. 
   2. 

   **FINANCIAL:**
   1. 
   2. 

   **CAREER:**
   1. 
   2.
II. Next, select the three things you want most to accomplish within the next six months.

1.

2.

3.

III. Now, select from your goals the three things you want most to accomplish in the next year.

1.

2.

3.

IV. Now, select your three most important life goals.

1.

2.

3.

V. Now, write down anything, large or small, you have done within the past month to accomplish any of these goals.