

Life GOALS Template

For each category write 3 goals, one to be completed within one year, one for 2-4 years and one for 5-10 years. You can make up your own categories. Goals can overflow into more than one category. The best goals often overflow into more than one category! Make sure that each goal is 'S.M.A.R.T.' In other words, each goal must be: **Specific**, **Measurable**, they must contain written '**Action steps**', they must be **Realistic** and they must have a specific due date or **Time line**. Make a habit of writing specific goals and you will change your life for the better! - John J. Collins, DC

Goal Categories aka Purpose of goal ----->	To create & maintain financial abundance & financial peace of mind	To have strong loving relationships (with partner, family, friends, community, etc.)	To optimize my physical and mental health , vitality and/or longevity	Simply for my personal enjoyment , satisfaction, fun, laughter, recreation, etc.	To “give back” or be of service to others , my communities or 'the world' in a positive, constructive, helpful way	Miscellaneous /other
Complete within one year						
Complete within 2-4 years						
Complete within 5-10 year						
List Detailed Action Steps for each goal Here! ----->						

