

## GOALS PROFILE

Review the suggested goals list below as a primer to get you thinking and create a top ten list. Then create a #1 personal goal and a #1 professional goal to work on over the course of the year. If the word goal intimidates you change the wording, call them passionately hoped for outcomes!

### **Financial**

Buy a home  
Start saving - investing  
Set up/follow a budget  
Pay off debts/credit cards  
Create lifetime money plan  
Earn more/make more money  
Design financial independence plan  
Review and create healthy insurance plan

### **Career**

Go back to school  
Start own business  
Find a new career  
Reduce stress at work  
Create a business plan  
Upgrade career - get a raise/promotion

### **Relationships**

Be more practical  
Be more spontaneous  
Find Mr. or Mrs. right  
Resolve past experiences  
Design a family life plan  
Get closer to spouse Feel more loved  
Spend more time with children, build significant memories

### **Transition**

Be mentored - mentor another  
Discover or increase spirituality  
Gain - loss of large monies  
Divorce care - recovery  
Recovery from trauma  
Make big life changes  
Discover core values  
Big loss/failure  
Big opportunity

**Physical Health and Emotional Balance**

Sleep better Take responsibility

Reduce alcohol/nicotine intake

Reduce sugar/fat intake

Run a marathon

Begin exercising

Lose weight

Goals or (passionately hoped for outcomes) should have four S.M.A.C. characteristics

**Specific**

**Measurable**

**Attainable** (challenging but realistic)

**Compatible** with your values (compatible with who you are)

**TOP TEN GOALS:**

*Sample: Increase annual income 15% by December 31st this year*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Your #1 Personal Goal \_\_\_\_\_

Your #1 Professional Goal \_\_\_\_\_

*Wisdom: getting another person or group to provide encouragement and accountability around your goals would increase your success tremendously.*