



Goals: What kind of person do you want to be? What do you want to accomplish?

*Consider different areas of your life, what is important to you?*

For you?

*attitudes, emotions, health, fitness, etc*

You and others (relationships)?

*parenting, partners, friends, etc*

Educational and professional?

*education, advancement, start-up, etc*

Other (e.g., leisure, financial)?

*What other goals do you have?*