

# Setting Life & Career Goals

## Where Are You?

"Life is a journey not a destination."

1. Where were you 5 years ago (physically, financially, professionally, personally, emotionally, spiritually)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Describe where you are now (physically, financially, professionally, personally, emotionally, spiritually). \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What do you want your life to be like in 5 or 10 years (physically, financially, professionally, personally, emotionally, spiritually)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. What changes can you make in the next two years to move your life toward where you want it to go? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Set S.M.A.R.T. Goals

**S** = Specific    **M** = Measurable    **A** = Attainable    **R** = Realistic    **T** = Timely

## What changes/priorities do you want in each area of your life?

- Family \_\_\_\_\_  
\_\_\_\_\_
- Social \_\_\_\_\_  
\_\_\_\_\_
- Community or Cultural \_\_\_\_\_  
\_\_\_\_\_
- Fun and Recreation \_\_\_\_\_  
\_\_\_\_\_
- Career \_\_\_\_\_  
\_\_\_\_\_
- Financial \_\_\_\_\_  
\_\_\_\_\_
- Spiritual or Ethical \_\_\_\_\_  
\_\_\_\_\_
- Physical and Health \_\_\_\_\_  
\_\_\_\_\_

Contact [DeniseMpls@gmail.com](mailto:DeniseMpls@gmail.com) for help with goal setting.