

**THE BLOCK O OF LIFE: GOALS**

**GOALS MUST BE SPECIFIC AND MEASURABLE.**

PURPOSE

	<b>General Thoughts</b>	<b>Short-Range Goals</b>	<b>How I Plan to Accomplish My Short-Range Goals</b>	<b>Dreams</b>	<b>How I Plan to Accomplish My Dreams</b>
<b>Personal Family</b>	The family is the basic social unit of our society. My family is very important to me.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
<b>Spiritual Moral</b>	Above all else, I realize that my spiritual beliefs and my moral values will shape my life. I will do what is right!	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
<b>Caring Giving</b>	How I function as a total person in society is important. I will give back to my community.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
<b>Health Fitness</b>	One of the greatest gifts we have is our health. My physical conditioning is a controllable commodity. I will develop lifetime fitness habits.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
<b>Your Team</b>	I am part of a great team. I count on my teammates, and they are counting on me. I will achieve great things for the team.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
<b>Academics Career</b>	I am in school to achieve academically and obtain a valuable degree. I want to grow both productively and profitably in my career.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.

GOALS

Name: \_\_\_\_\_

Date: \_\_\_\_\_