



## *7 Life Goal Areas*

### **Goal setting exercise:**

Write down on the top of 7 pieces of paper one each of the following 7 goal areas. Brainstorm (with others if appropriate) the possible goals for each area. Consider both long-term and short-term goals. Shoot for at least 10 items in each of the key areas and then prioritize (sort out the top 3) and make sure each is SMART \*\*. Next, review all 7 lists and prioritize the top 3-5 from all lists combined.

**FINANCIAL**

**FAMILY**

**WORK**

**SPIRITUAL**

**EDUCATION**

**SOCIAL**

**HEALTH**

\*\* *SMART* goals are:

Specific

Measurable

Achievable or Agreed upon

Realistic or Results oriented

Time-framed

---

PEOPLE \* PROCESS \* PRODUCTIVITY \* PROFIT