

2017 Goal Setting

Personal - Make three I want statements that you have direct control over. If they require help from anyone other than yourself do not include them in this segment. Make sure they are measurable with a clear finish. (Example - I want to learn to speak basic Spanish by June.)

1.

1.

2.

3.

2.

1.

2.

3.

3.

1.

2.

3.

Relational - Make three we want statements involving another person whether its a friend, family, or significant other. Be sure that you name the specific person if available. (Example - My wife and I want to visit another country)

1.

1.

2.

3.

2.

1.

2.

3.

3.

1.

2.

3.

Professional - Make three statements involving your Job or Career. Be sure to include specific dates or numbers if available. (Example - I want to start my own company by the end of the year)

1.

1.

2.

3.

2.

1.

2.

3.

3.

1.

2.

3.