

Goals Guide

Goals consist of the practical steps taken to achieve your mission and vision. They are the signposts along the way that allow you to measure your progress and make sure that you are on the right path. Based on your mission and vision, write down some of your goals and the practical steps you are going to take to achieve them. Then determine the timing and how you will assess successful attainment. You can either write them in sentence form or use the chart.

Example:

In order to be a better communicator with my family I will call my Mother every Sunday night. I will speak with my Mother at least 4 times per month.

Goal	Value(s)	Activity	Timing	Assessment
Talk to Mom more often	Communication, Family	Call mother	Sunday nights	Must speak to her at least 4 times per month

Your Goals:

1. _____

Goal	Value(s)	Activity	Timing	Assessment



2. _____

Goal	Value(s)	Activity	Timing	Assessment

3. _____

Goal	Value(s)	Activity	Timing	Assessment

4. _____

Goal	Value(s)	Activity	Timing	Assessment

5. _____

Goal	Value(s)	Activity	Timing	Assessment