

# Setting Life Goals

Look at the list of categories in which you might need improvement. For each category, list the things you are doing well and where you need improvement. Then, write a goal or two for each category.

| <b>Category</b> | <b>What I'm Doing Well</b> | <b>Where I Need Improvement</b> | <b>My Goals</b> |
|-----------------|----------------------------|---------------------------------|-----------------|
| Family          |                            |                                 |                 |
| Friends         |                            |                                 |                 |
| Work/School     |                            |                                 |                 |
| Spirituality    |                            |                                 |                 |
| Body            |                            |                                 |                 |
| Mental Health   |                            |                                 |                 |