

SERIES B: Topic 3

Personal Goals

When you write your personal goals, you describe the type of person you want to be and how you want to live your life. These are more than New Year's resolutions; they set out the qualities you want to have. They are your foundation and remain constant throughout your life.

In the lists that follow, check the boxes next to the goals you want for your life; then add any others you want in the blank lines following the list.

Your Personal Goals

- ☐ Put God first in my life.
- ☐ Learn to think better.
- ☐ Find and use my creativity better.
- ☐ Improve my judgment.
- ☐ Control my pride and become less self-involved.
- ☐ Have a close relationship with every member of my family.
- ☐ Have a career I love.
- ☐ Have the best physical, mental and spiritual health I am capable of.

- ☐ Earn enough money to keep my family comfortable and my future secure.
- ☐ Take time to follow my curiosity.
- ☐ Develop friendships.
- ☐ Have time to spend with family and friends.
- ☐ Go on a long vacation far away at least every three years.
- ☐ Create something of lasting value.
- ☐ Own a nice home.
- ☐ Contribute to as many lives as possible.
- ☐ Raise children who will raise good children.
- ☐ Become as valuable a person as possible.
- ☐ Put the right amount of energy into every decision.
- ☐ Have no regrets.
- ☐ Appreciate myself fully.
- ☐ Eat right and exercise to maintain good health.
- ☐ Get along well with everyone.
- ☐ Be reliable.
- ☐ Set a good example for everyone.
- ☐ Shed my emotional baggage, hang-ups, and attitude.
- ☐ Discover and accomplish my purpose in life.

- ☐ Do as much good as I can.
- ☐ Have as much fun as I can.
- ☐ Try to make my attitude of appreciation contagious.
- ☐ Use all of my potential.
- ☐ Have a lot of close friends.
- ☐ Help all of my grandchildren.
- ☐ Be as clever as possible.
- ☐ Be generous.
- ☐ Do a lot of good.
- ☐ Be an inspiration.
- ☐ Share my experiences and values with others—especially my family.
- ☐ Become financially self-sufficient.
- ☐ Know my purpose and work at it diligently.

Add your own personal goals below:

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The greatest danger is not that our aim is too high and we miss our goals, but that we aim too low and reach them.

—Michelangelo



ASK YOURSELF

Which of my goals will produce the most self-satisfaction?

What is my most pressing relationship goal?

What goal will help me get new friends who are genuine and more like the person I want to become?