**Setting Life Goals**

For each category listed below, write one or more goals. Then list the actions and the commitment costs it will take to reach your goals

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| --- | --- | --- | --- |
| **Category** | **My Goals** | **Actions** | **Commitment Costs** |
| Family | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |
| Spouse/  Key Relationships | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |
| Spiritual | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |

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| **Category** | **My Goals** | **Actions** | **Commitment Costs** |
| Physical | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |
| Personal | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |
| Community | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |
| Business | 1.  2.  3. | 1.  2.  3. | 1.  2.  3. |