



Goals come in different categories. Below is a list you can fill in. We suggest you revisit your goals on a regular basis. Some goals are attained and replaced, others you may change your mind about. Feel free to make up your own categories.

Write down the essence of each; what feeling will be a result of attaining this goal?

Example:

FINANCIAL SECURITY To get my savings rate up to 10% of my income

Essence of this goal? Accomplishment, confidence in my future, peace of mind

MATERIAL DESIRES _____

Essence

FINANCIAL SECURITY _____

Essence

SENSE OF ACHIEVEMENT _____

Essence

RELATIONSHIPS _____

Essence

FAMILY _____

Essence

SENSE OF PURPOSE/ LIVELIHOOD _____

Essence

CREATIVITY & PASSIONS _____

Essence