GOALS & OBJECTIVES 2023 for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Job

Career

Learning Something New/Education

Friends & Family

Home & Community

Health

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Spiritual

Play & Renewal

Business & Finance

Other

Prepared on \_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Note: add bullet points under any topic you wish. Start each statement with a verb. Use one that describes an action you can see. This tool is most useful when you tell how you will know when you complete each statement. *In other words, “To get more sleep” is not as effective as “To get to sleep by 10 pm at least 5 nights a week”. “To learn more computer skills” is less effective than “To certify as a Level III technician in ASA400 by April 15, 2025.”*