

Goal Cuing

GOAL BUILDER-2; Goal Cuing

When creating vision and long term goals it may be helpful to think about these different dimensions or areas of life.

Name _____

Date _____

Career/Job (Aim high, think big and remember people can have more than one job.)

Financial

Education/Learning/Training (Once again, aim high and think big. You can get education and training at any time in your life in almost any area of life you are interested in.)

Hobbies/Recreations/Interests

Values (This includes things such as being honest, honoring agreements and promises, etc.)

Social/Interpersonal

Family _____

Marriage/Romantic _____

Friends _____

Professional/Occupational _____

Health and Wellness (This includes any goals you have to be either physically or emotionally healthier.)

Spiritual

Volunteering/Helping Others