

# MY GOALS FOR 2011

Name: \_\_\_\_\_

| <p><b>8</b></p> <p>categories for a clearer picture of your <b>NEEDS</b> and <b>WANTS</b></p>            | <p><b>S</b></p> <p>List down your goals <b>SPECIFICALLY</b></p> | <p><b>M</b></p> <p>How would you <b>MEASURE</b> your success?</p> | <p><b>A</b></p> <p>Describe your <b>ACTION PLANS</b></p> | <p><b>R</b></p> <p>Are your goals <b>REALISTIC?</b><br/>Doable? Attainable?<br/>(Yes/No)</p> | <p><b>T</b></p> <p>What is your <b>TIME</b> frame for these goals?</p> | <p><b>E</b></p> <p><b>EXPECTATION MANAGEMENT</b><br/>Under what circumstances will you consider adjustments?</p> | <p><b>R</b></p> <p><b>REVELATION</b><br/>Write a promise or verse from the Bible that supports these goals</p> |
|--|---|---|--|--|--|--|--|
| <p><b>Spiritual Life</b><br/>Bible, Daily Devotion, Church Ministry, Soul-Winning</p>                    |   |   |  |  |  |  |  |
| <p><b>Family &amp; Friends</b><br/>Improve Relationships, Marriage, Quality Time</p>                     |   |   |  |  |  |  |  |
| <p><b>Health</b><br/>Weight Loss/Gain, Physical Fitness, Cholesterol Level, Body Mass Index</p>          |   |   |  |  |  |  |  |
| <p><b>Emotional, Psychological Growth</b><br/>Control Anger, Increase Risk-Taking, Handle Depression</p> |   |   |  |  |  |  |  |
| <p><b>Education, Intellectual, Professional</b><br/>Promotion, Skill Training, Reading, New Courses</p>  |   |   |  |  |  |  |  |
| <p><b>Material</b><br/>New Car, Home Upgrade, Finance, Investments, Debt Reduction</p>                   |   |   |  |  |  |  |  |
| <p><b>Leisure</b><br/>More time for Sports, Vacation, Hobbies, Sleep &amp; Rest</p>                      |   |   |  |  |  |  |  |
| <p><b>Creativity</b><br/>Taking up Painting, Gardening, Drama, Creative Arts, New Business Ideas</p>     |   |   |  |  |  |  |  |