

THE LIFE OVAL: GOALS

Remember, goals must be *specific* and *measurable*.

NAME: _____

SCHOOL YEAR: _____

		General Thoughts	Short-Term Goals	How I Plan to Accomplish My Short-Term Goals	Long-Term Goals	How I Plan to Accomplish My Long-Term Goals
PURPOSE	Spiritual Moral	Above all else, I realize that my spiritual beliefs and my moral values will shape my life. I will do what is right!	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
	Personal Family	The family is the basic social unit of our society. My family is very important to me.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
	Caring Giving	How I function as a total person in society is important. I will give back to my community.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
PERFORMANCE	Health Fitness	One of the greatest gifts we have is our health. My physical conditioning is a controllable commodity. I will develop lifetime fitness habits.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
	Team Family	I am part of a great team. I count on my teammates, and they are counting on me. I will achieve great things for the team.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.
	Academics Career	I am in school to achieve academically and obtain a valuable degree. I want to grow both productively and profitably in my career.	1. 2. 3.	1. 2. 3.	1. 2. 3.	1. 2. 3.