

# my goals worksheet

## goal terms and definitions

**immediate goals** – Describe what you expect to accomplish within the next twenty-four (24) hours to seven (7) days. Immediate Goals can also be steps toward objectives that will take a longer period of time to accomplish. (“Within the next week, I would like to...”).

**short-term goals** – Describe what you expect to accomplish between the next eight (8) days to three (3) months. Short-Term Goals can also be steps toward objectives that will take a longer period of time to accomplish. (“Within the next three months, I would like to...”).

**long-term goals** – Describe what you expect to accomplish between the next three (3) months to ten (10) years. Long-Term Goals may be the end result of many Short-Term/Immediate Goals, and they can also be steps toward your Life-Time Goals. (“Within the next ten years, I would like to...”).

**life-time goals** – Describe what you expect to accomplish between the next ten (10) years and beyond. Life-Time Goals are the sort of goals that will take years to develop, or years to accomplish. They may involve objectives for your family, occupation, education, retirement, and even death. (“Within my life-time, I would like to...”).

## 5 elements of “useful goals”

- specific:** Describes what you want to accomplish with as much detail as possible.
- measurable:** Describes your goal in terms that can clearly be evaluated.
- challenging:** Takes energy and discipline to accomplish.
- realistic:** A “worthy” goal that you know you are capable of obtaining.
- stated completion date:** Goals that break longer term goals into shorter pieces and clearly specify and target completion dates.

## 6 goal categories

- Family and Home
- Spiritual and Ethical
- Financial and Career
- Physical and Health
- Social and Cultural
- Mental and Educational

## 5 elements of “useful goals”

*To give a broad, balanced coverage of all important areas in your life, try to set goals in some or all of the following areas. Some of these areas will may need more thought and introspection than others... BUT ALL WILL NEED PRAYER and DIRECTION FROM THE LORD. The following are simply a few of many areas... and they are only meant to get your thoughts rolling as you set your GOALS:*

- Spiritual:** Where would you like to see yourself serving in the Church? What areas are you interested in leading (teacher, deacon, committee service, pastor, choir, children’s ministry, student ministry, collegiate ministry, senior adult ministry, music ministry, etc.)?
- Artistic:** Do you want to achieve any artistic goals? If so... what?
- Attitude:** Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? If so, set a goal to improve your behavior or find a solution to the problem.
- Career:** What level do you want to reach in your career?
- Education:** Is there any knowledge you want to acquire in particular? What information and skills will you need to achieve other goals? Will you go to college?
- Family:** Do you want to be a parent? If so, how are you going to be a good parent? What do you need to be doing right now to prepare yourself for your future mate? Are you praying for that mate already? How do you want to be viewed by your husband/wife, or by members of your extended family?
- Financial:** How much do you want to earn by what stage?
- Physical:** Are there any athletic goals you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?
- Pleasure:** How do you want to enjoy yourself? - you should ensure that some of your life is for you!
- Public Service:** Do you want to make the world a better place by your existence? If so, how?

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immediate goals

short term goals

long term goals

life time goals