

Name:

Date:

Goals are specific & measurable.

		Thoughts	Short Term Goals	How To Accomplish?	Dreams	How To Accomplish?
Purpose	Personal & Family	Family is the basic social unit - my family is very important to me. I will show respect.	1 2 3	1 2 3	1 2 3	1 2 3
	Spiritual & Moral	Spiritual beliefs and moral values will shape my life - I will do what is right.	1 2 3	1 2 3	1 2 3	1 2 3
	Caring & Giving	My community shapes who I am - I will give back.	1 2 3	1 2 3	1 2 3	1 2 3
Goals	Health & Fitness	One of the greatest gifts we have is our health - my physical condition is a controllable commodity.	1 2 3	1 2 3	1 2 3	1 2 3
	Your Team	I am a part of a great team. I count on my teammates and they count on me - I will commit to the team	1 2 3	1 2 3	1 2 3	1 2 3
	Academics & Career	I am in school to achieve academically. Learning is critical to my success - I value my education.	1 2 3	1 2 3	1 2 3	1 2 3

