



GOAL SETTING WORKSHEET

Life Category (from Lifestyle Balance Pie): **Work**

Related to Value (from HOV): **10/10 Importance - 5/10 Current Satisfaction**

Goal: Get a new job

Specific

Measurable

Agreeable

Realistic

Time-Bound

Revised Goal:

Need to find new employment

Tasks/Objects to Reach Goal:

Update my resume by end of the month. Reach out to my LinkedIn network to let them know I'm looking for a new opportunity. Reserve time every Sunday evening to review job postings.

Life Category (from Lifestyle Balance Pie): **Health**

Related to Value (from HOV): **10/10 Importance - 6/10 Current Satisfaction**

Goal: Try get more active

Specific

Measurable

Agreeable

Realistic

Time-Bound

Revised Goal:

Start walking again this week

Tasks/Objects to Reach Goal:

Walk round the local park on Wed, Thurs and Sunday this week in the mornings when I get up (approx 3km)

