

5 Life-Changing Habits: Five Year Personal Goal Sheet



Name: _____

Date: _____

What are your major personal goals in the following areas over the next five years?

Spiritual _____

Intellectual _____

Physical _____

Financial _____

Social _____

What plans can you make for the next three months that will help lead to these goals?

Spiritual _____

Intellectual _____

Physical _____

Financial _____

Social _____

Select one 3-month project/plan from each area above--what is the one "Next Action" (the next *super* specific thing that you can do right now) that will move you ahead?

Spiritual

Intellectual

Physical

Financial

Social

Introspection: What are you learning about yourself and becoming through this process?
