**Career**

**Macro-goal**

What is your idea of success in your chosen field?

Starting a company?

Opening a restaurant?

Turning your passion into a career?

**Personal Audit**

What skills, knowledge, or experience do you possess that relates to your chosen field?

**Short-term Goals**

What smaller objectives need to be completed in order to achieve your macro-goal?

**Timeline for Goals**

What is a realistic schedule to achieve each smaller goal? Include daily, weekly, monthly, and yearly time-frames.

**Skills and Resources**

What skills/resources do you have that will help you achieve your objectives?

**Obstacles**

List any known or potential obstacles that might hinder your ability to complete your objectives.

**Personal**

Include different categories with specific goals like the ones below.

List them in order of significance to help you allocate your time and resources more efficiently.

Break each category down and expand on the same items listed above

(smaller objectives, resources, obstacles, timelines).

**Health**

Think about any current health struggles and how you want to improve.

Become more physically fit?

Quit smoking?

Transition to a local, organic, paleo, vegan, or more sustainable diet?

**Personal Development**

Think about your current traits and what you want to improve upon.

Be more patient and compassionate?

Live a more active social life?

Be more outspoken?

**Love**

Consider your relationships and how you might want to further them in the upcoming years.

Get married or having children?

Go on blind dates?

Live with your partner(s)?

**Travel**

Set goals to see, visit, or study in places that interest you.

Go to the cherry blossom festival in Japan?

Visit the remains of the Berlin wall?

Hike the Appalachian trail?

See the northern lights?

**Financial**

Consider a certain career path or whether your current career path allows you to live the way you want.

Find another higher-paying job?

Ask for a promotion?

Save more money or invest in real estate?

**Education**

Consider things you’d like to learn or building on knowledge you currently have.

Get a Master’s degree?

Become fluent in Mandarin?

Learn to make wine or play jazz piano?