

Goal Exploration

For each category listed, complete the corresponding boxes to explore areas of satisfaction and areas of improvement for each category. Below, write a goal for each category for the next month, 6 months, & 1 year to reflect areas of wanted growth/improvements. Responses can be added to another sheet of paper if needed.

Category	What is going well?	What could use improvement?
Family Life		
Social Life		
Work/School Life		
Mental health		
Physical health		
Description	Goals	
What are goals for next month?		
What are goals for next six months?		
What are goals for next year?		