



“AM I THE PERSON I WANT TO BE?”

The first half of this form is designed to help you focus your thoughts. The second half is specific to setting goals. Enjoy!

Describing Me

Words/phrases you would like your spouse to use when describing you:

Words/phrases you would like your children to use when describing you:

Words/phrases you would like your employees to use when describing you:

Words/phrases you would like your friends to use when describing you:

In one sentence, using the information from above, how you would like to describe yourself/who do you want to be:

LONG TERM

When I die, here is where I would like to be in terms of my:

Spirituality



Relationships
(Spouse/Significant Other, Family, Friends)

Work

Money (Short-term and Long-term)

Health (Weight, Fitness, Nutrition, Physical Health, and Emotional Health)

CURRENT

My goals for the following areas are:

Spirituality:

1. How I will obtain this goal (specific, measurable). Note: An example of a specific and measurable way to meet a goal would be, "I will set aside 30 minutes for quiet self-reflection and journaling three days each week":
2. How I will obtain this goal (specific, measurable):

Relationships:
(Spouse/Significant Other, Family, Friends)

1. How I will obtain this goal (specific, measurable):
2. How I will obtain this goal (specific, measurable):



Work:

1. How I will obtain this goal (specific, measurable):
2. How I will obtain this goal (specific, measurable):

Money (Short-term and Long-term):

1. How I will obtain this goal (specific, measurable):
2. How I will obtain this goal (specific, measurable):

Health (Weight, Fitness, Nutrition, Physical Health, and Emotional Health):

1. How I will obtain this goal (specific, measurable):
2. How I will obtain this goal (specific, measurable):

When you have completed this worksheet, use it to help you realize these goals. Read your goals regularly – daily, if possible. This will lead you to follow through with your goals! Try it – I think you’ll be pleased with the results!

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