

Life Sector Area

- Physical: health, wellness
- Emotional: self Image, attitudes, behaviors
- Family: Spouse, children, parents, brothers
- Employment
- Spiritual: religion, spirituality
- Recreation: social
- Financial

Way Things Are	Way I want things to be

It is important that you be specific as possible. The more measurable the goals, the more likely we can obtain them. A start point is understanding what you would like changed.

What will it look like
if stays way it is?

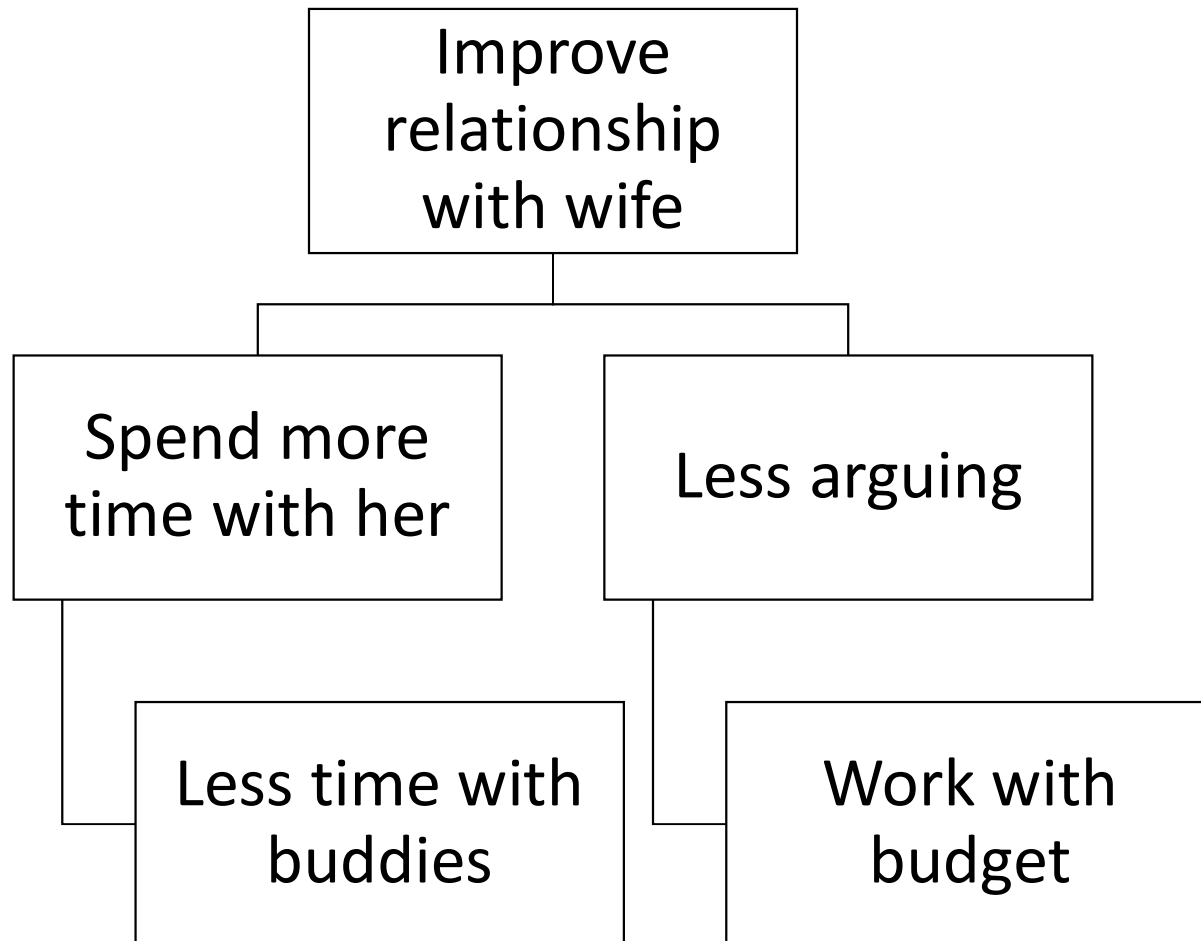
What will it look like
Change

Remain the same	change

In these columns, get an idea of what your life would be like if your situation did not change. If it remained the same.

In the second column, indicate what change would mean for you

Goal Tree



Tasks and follow through

Task:

Date to be done
