

## CHOOSE PERSONAL GOALS

1. Describe what you want to CREATE.
2. Mark current status: ◀ - negative II positive + ▶
3. Choose actions to DO to increase lower levels.

Life Areas		CREATE	STATUS	DO
MIND	mental		◀ - II + ▶	
	career		◀ - II + ▶	
	financial		◀ - II + ▶	
BODY	recreation		◀ - II + ▶	
	organization		◀ - II + ▶	
	physical		◀ - II + ▶	
HEART	relationships		◀ - II + ▶	
	emotional		◀ - II + ▶	
	social		◀ - II + ▶	
SOUL	purpose		◀ - II + ▶	
	character		◀ - II + ▶	
	spirituality		◀ - II + ▶	

[www.dailyplanit.com/choosing-goals/](http://www.dailyplanit.com/choosing-goals/)

## CHOOSE FOUR TOP PRIORITY PERSONAL GOALS

1. From each life area, select one priority goal that creates the desired outcome.
2. Write next steps to accomplish the goal.

### PERSONAL GOALS

#### I. MIND:

- ↳ 1:
- ↳ 2:

#### II. BODY:

- ↳ 1:
- ↳ 2:

#### III. HEART:

- ↳ 1:
- ↳ 2:

#### IV. SOUL:

- ↳ 1:
- ↳ 2:

<b>Interests</b> <b>Holland code:</b>  <b>Strengths</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Strengths</b> <b>Clifton Theme:</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <b>High5/Red Bull Themes:</b>	<b>Values</b> <b>CORE</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <b>PERSONAL</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <b>VIA character strengths</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul> <b>DISC Type values</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
<b>Talents -natural abilities</b> <b>Gardner smarts</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Skills -learned abilities</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	

<b>Strengths by Myers-Briggs Type:</b>		<b>DISC Type:</b> <b>STRENGTHS</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul> <b>NEEDS</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul> <b>JOYS</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>
<b>Extrovert ↔ Introvert</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Judging ↔ Perceiving</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	
<b>Sensing ↔ iNtuition</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	<b>Thinking ↔ Feeling</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>	
<b>VIP AIMS: Active, Inspiring, Meaningful Solutions</b>		

<b>PRIORITIES ↓</b> BIG impact and → <b>Bold change</b> <b>Impressive influence</b> <b>Great movement</b>	<b>HIGH engagement</b> <b>Harness strengths</b> <b>Involve imagination</b> <b>Grow and develop</b> <b>Hack intrinsic rewards</b>	<b>Myers-Briggs values:</b> <ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> <li>•</li> <li>•</li> </ul>
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<b>MISSION – WHAT</b> <i>you do now and why</i>	<b>VISION - WHERE</b> <i>you are going</i>	<b>PURPOSE - WHY</b> <i>important causes, problems to solve</i>	<b>GOALS - HOW</b> <i>solutions &amp; plans</i>
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