

## CHOOSE PERSONAL GOALS

1. Describe what you want to CREATE.
2. Mark current status: **↳** - negative **↔** positive **↗**
3. Choose actions to DO to increase lower levels.

Life Areas		CREATE	STATUS	DO
MIND	mental		<b>↳ - ↔ + ↗</b>	
	career		<b>↳ - ↔ + ↗</b>	
	financial		<b>↳ - ↔ + ↗</b>	
BODY	recreation		<b>↳ - ↔ + ↗</b>	
	organization		<b>↳ - ↔ + ↗</b>	
	physical		<b>↳ - ↔ + ↗</b>	
HEART	relationships		<b>↳ - ↔ + ↗</b>	
	emotional		<b>↳ - ↔ + ↗</b>	
	social		<b>↳ - ↔ + ↗</b>	
SOUL	purpose		<b>↳ - ↔ + ↗</b>	
	character		<b>↳ - ↔ + ↗</b>	
	spirituality		<b>↳ - ↔ + ↗</b>	

[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:

Interests <b>Holland code:</b>	Strengths <b>Clifton Theme:</b>	Values <b>PERSONAL CORE</b>
Strengths • • • •	• • • • <b>High5/Red Bull Themes:</b>	• • • •
Talents -natural abilities <b>Gardner smarts</b>	Skills -learned abilities	<b>VIA character strengths</b>
• • • •	• • • •	• • • •

Strengths by <b>Myers-Briggs Type:</b>	<b>DISC Type:</b> <b>STRENGTHS</b>
Extrovert ↔ Introvert • • • •	Judging ↔ Perceiving • • • •
Sensing ↔ iNtuition • • • •	Thinking ↔ Feeling • • • •
	<b>NEEDS</b> • • •

<b>VIP AIMS:</b> Active, Inspiring, Meaningful Solutions	<b>PRIORITIES</b> ↗ BIG impact and → <b>Bold change</b> <b>Impressive influence</b> <b>Great movement</b>	<b>HIGH engagement</b> Harness strengths Involve imagination <b>Grow and develop</b> <b>Hack intrinsic rewards</b>
		<b>JOYS</b> • • •

<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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