
Personal Goal List

How is my life in terms of:

Emotional Health (How do I feel most of the time?) _____

Physical Health _____

Appearance _____

Intimate Relationships _____

Family/children _____

Friendships _____

Housing _____

Career _____

Finances _____

Other factors such as education, spiritual development, addictions, hobbies etc.

How I wish my life will be in five (or so) years 20__ A.D.

Emotional Health (How do I want to feel most of the time?) _____

Physical Health _____

Appearance _____

Intimate Relationships _____

Family/children _____

Friendships _____

Housing _____

Career _____

Finances _____

Other factors such as education, spiritual development, addictions, hobbies etc.

Upon completing this list, close your eyes and create a scene in your mind using as many factors as possible.

For example, you may see yourself in an apartment, home or condominium preparing a meal for a loved one while he or she is setting the table. Imagine appearing the way you wish to in terms of physical appearance and clothing. Imagine the furniture, paintings and other decorations. Add appropriate music and anything else to create a pleasing atmosphere. Look in a mirror and give yourself a "thumbs up." Hug your partner and accept a hug back. Perhaps there is a diploma or some other proof of education on the wall. Look out of the window.

You may use this visual image of your preferred lifestyle to judge the value of your actions today. Does action X move me toward the image or away from it? If most of your actions are oriented toward your goals it's difficult not to succeed in some fashion.

Dwell upon the image daily and especially when discouraged by setbacks. Ask, "What small step can I take today to bring me a little closer to my dreams?" To build self-esteem and sustain momentum it's important to compliment yourself when your efforts are even moderately successful.