

Goals for 2008

What are your goals in each of these domains for the year 2008? You need not fill in every category. If you don't have a specific goal for that domain. In fact we encourage you **not** to fill in every blank or you may end up with an overwhelming number of goals. If the goal is covered in another category then you can skip over that section or put it in twice for emphasis. Then list the goals on a separate piece of paper and post it where you can see it. You can also put these goals on a monthly or quarterly spread sheet in order to accomplish them over the course of the year.

DOMAIN	Goal	Goal	Goal
Mental			
Emotional			
Spiritual			
Physical			
Financial			
Marital			
Familial			
Social (Friends)			

Work			
Stress Management			
Diet			
Sleep			
Fun/Play			
Travel (Vacation)			
Rejuvenation			
Project (Household)			
Project			
Volunteer			
Love Acts (Acts of Service)			

