



Goals, Principles, & Priorities Worksheet

GOALS: (6-month)

List 1 Outcome (something you want to be able to do) and 1 Feeling Goal (how you want to feel)

Outcome Goal:

Why do you want this goal?

Feeling Goal:

Why do you want to feel this way?

Actions you are committed to taking to achieve this:

- 1.
- 2.
- 3.

YOUR GUIDING PRINCIPLES: (3-5)

Start by writing down as many possible principles as you can without editing.

Write down anything that's important to you

Then circle the ones that seem most important until you weed it down, or combine some to get to 3-5

- 1
- 2
- 3
- 4
- 5



YOUR PRIORITIES: (3-5)

Start by writing down as many priorities as you can think of without editing.

Write down anything that is important to you

Then circle the ones that seem most important until you weed it down, or combine some to get to 3-5

- 1
- 2
- 3
- 4
- 5

TIP:

Sometimes things you write as principles end up being priorities and vice versa.

Don't get bogged down by the difference between the two.

It's OK if you end up with one master list of 3-5 things that are important to you.