

## **Goal-setting**

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*Use this worksheet in conjunction with the 'Wheel of Life'*

<b>Area of Life</b>	<b>Current Ranking (1-10)</b>	<b>Desired Ranking (1-10)</b>	<b>3 action steps</b>
<b>Career</b>			1. 2. 3.
<b>Health</b>			1. 2. 3.
<b>Money \$</b>			1. 2. 3.
<b>Friends &amp; Family</b>			1. 2. 3.
<b>Personal / Spiritual Growth</b>			1. 2. 3.
<b>Fun &amp; Recreation</b>			1. 2. 3.
<b>Significant Other</b>			1. 2. 3.
<b>Physical Environment</b>			1. 2. 3.