

# Balanced Goal Setting

LIVE WITH PURPOSE



Activity



# Balanced Goal Setting Worksheet



Balanced goals help you live with purpose and intention.

A well designed life means living in alignment - and not getting distracted or pulled in the wrong direction.

**To get started**, think about what progress you would like to see in each of the 5 P's. Then using other tools, what habits (stepping stones) will you create to enable you to reach of these goals below?

	<b>Personal</b>	<b>Partner</b>	<b>Parent</b>	<b>Profession</b>	<b>Play</b>
<b>3 months</b>					
<b>6 months</b>					
<b>9 months</b>					
<b>1 year</b>					