# Task 7: Life Goals

Name:       Programme:       Level:

As you think about your life goals, reflect upon your strengths and areas for improvement as these may actually relate to your personal or life goals. The list below should get you started, but there is space for any other goals you may have. The second part of the task examines your values and what you hope for.

My travel goals:

My sports/exercise goals:

My creative goals:

My hobbies:

Other goal 1:

Other goal 2:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Very important | Important | Not sure | Unimportant | Very unimportant |
| Sense of belonging | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| Fun and enjoyment in life | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| Warm relationships with others | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| Self-fulfilment | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| Being well respected | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| Excitement | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| A sense of accomplishment | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| Security | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| Self-respect | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |
| Making money | [ ]  | [ ]  | [ ]  | [ ]  | [ ]  |

Of the above values, the most important to me is

List any other values that are important to you:

1.

2.

3.

4.

**Don’t forget to save and/or print this document as part of your Personal Development Planning**