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| **MY GOALS (insert date)** | | | | | |
| **GOAL TYPE** | **Goal** | | **Objective** | **Strategy** | **Tactic** |
|  | *Accomplishment to be achieved.* | | *Specific, measurable steps that have a completion date.* | *The “thinking” aspect involved in achieving your objectives.* | *The “doing” aspect involved in achieving a strategy.* |
| **Example>>**  Lifelong learning | Learn how to play a Native American flute. | | Play songs on the Native American flute for a family gathering on December 24th. | Watch videos and work through print materials. | Spend one hour per day reviewing materials and practicing. |
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| **Goal Type Examples:**   * Time with family * Time with friends * Community involvement * Religious or spiritual work * Charity work * Hobbies * Vacations/downtime | | * Lifelong learning * Financial * Health and wellness * Self-discovery * Professional development * Professional relationships * Reputation management | | | | |