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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
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