

MY GOALS

GOAL TYPE	Goal	Objective	Strategy	Tactic
	<i>Accomplishment to be achieved.</i>	<i>Specific, measurable steps that have a completion date.</i>	<i>The “thinking” aspect involved in achieving your objectives.</i>	<i>The “doing” aspect involved in achieving a strategy.</i>
Example Health & Wellness	Exercise consistently.	Walk five days/week consistently by March 1 st .	Schedule time to walk each weekday morning with my spouse/friend. <i>An accountability partner will help keep me committed.</i>	Walk two miles each morning in the local indoor mall.
Example Productivity	High level of productivity throughout the next six months while I pursue my health & wellness goals.	Spend thirty minutes a day for three days researching meditation apps to use during downtime.	Meditation is a low cost, easy way to relax. An app will help me stay calm during downtime.	Rest for half an hour after lunch daily.

Goal Type Examples:

- Time with family/friends
- Productivity
- 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