Goal Setting – Defining Goals

5 Personal Goals

List five personal goals you would like to achieve.

The timeframes of these goals can vary from short-term to long-term.

It might be something like a fun date with your partner, going on a vacation, or making dinner for friends. Get creative and have fun with this exercise.

Let yourself dream and think about all the different categories of your life – relationships, money, home, hobbies, travel, or health when creating 5 personal goals.

My 5 personal goals are:

1. _____

2. _____

3. _____

4. _____

5. _____

5 Professional Goals

List five professional goals you would like to achieve.

The timeframes of these goals can vary from short-term to long-term.

Like your personal goals, let yourself dream and imagine what's possible and what you'd like to aim for. It could be the type of job you'd like, working towards getting a promotion, the type of studies you'd like to do, or the type of pay and pay rise you might like.

Create goals that are meaningful for you and something you would like to strive for and feel good about achieving.

My 5 professional goals are:

1. _____

2. _____

3. _____

4. _____

5. _____