

Life Plan and Goals for Next Year Worksheet

1. Relationships:

For your relationships write out the vision that you would like to have of yourself one year from now, i.e. the life you want to be living. Then complete the compelling reasons, goals and tasks to achieve the vision.

My Vision:

- _____
- _____
- _____
- _____
- _____

Compelling reasons I want to achieve my vision and goals:

.....

.....

.....

Goal 1:

Date to be achieved:

Goal 1 Tasks and date to be completed

- 1)
- 2)
- 3)
- 4)
- 5)

Goal 2:

Date to be achieved:

Goal 2 Tasks and date to be completed

- 1)
- 2)
- 3)
- 4)
- 5)

2. Work/school:

For your work/school life write out the vision that you would like to have of yourself one year from now, i.e. the life you want to be living. Then complete the compelling reasons, goals and tasks to achieve the vision.

My Vision:

- _____
- _____
- _____
- _____
- _____

Compelling reasons I want to achieve my vision and goals:

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Goal 1:

Date to be achieved: _____

Goal 1 Tasks and date to be completed

- 1)
- 2)
- 3)
- 4)
- 5)

Goal 2:

Date to be achieved: _____

Goal 2 Tasks and date to be completed

- 1)
- 2)
- 3)
- 4)



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3. Home/community:

For your home/community write out the vision that you would like to have of yourself one year from now, i.e. the life you want to be living. Then complete the compelling reasons, goals and tasks to achieve the vision.

My Vision:

• _____
• _____
• _____
• _____
• _____

Compelling reasons I want to achieve my vision and goals:

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.....
.....

Goal 1:

Date to be achieved:

Goal 1 Tasks and date to be completed

1)
2)
3)
4)
5)

Goal 2:

Date to be achieved:

Goal 2 Tasks and date to be completed

1)
2)
3)
4)

4. Physical health/Mental health:

For your physical health/mental health write out the vision that you would like to have of yourself one year from now, i.e. the life you want to be living. Then complete the compelling reasons, goals and tasks to achieve the vision.

My Vision:

- _____
- _____
- _____
- _____
- _____

Compelling reasons I want to achieve my vision and goals:

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Goal 1:

Date to be achieved:

Goal 1 Tasks and date to be completed

- 1)
- 2)
- 3)
- 4)
- 5)

Goal 2:

Date to be achieved:

Goal 2 Tasks and date to be completed

- 1)
- 2)
- 3)
- 4)
- 5)



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5. Communication:

For your communication skills write out the vision that you would like to have of yourself one year from now, i.e. the life you want to be living. Then complete the compelling reasons, goals and tasks to achieve the vision.

My Vision:

• _____
• _____
• _____
• _____
• _____

Compelling reasons I want to achieve my vision and goals:

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.....
.....

Goal 1:

Date to be achieved:

Goal 1 Tasks and date to be completed

1)
2)
3)
4)
5)

Goal 2:

Date to be achieved:

Goal 2 Tasks and date to be completed

1)
2)
3)
4)
5)