

GOALS *for a* BALANCED LIFE

	DAILY	WEEKLY	MONTHLY
INTELLECTUAL			
MENTAL			
PHYSICAL			
FINANCIAL			
INTERPERSONAL			
SPIRITUAL			
OCCUPATIONAL			
CULTURAL			
ENVIRONMENTAL			
HOME			

USE THIS PAGE AS A GUIDE IN SETTING YOUR GOALS FOR THE MONTH, THEN WRITE DOWN THE SPECIFIC WEEKLY AND DAILY STEPS TO ACHIEVING YOUR GOALS. PLACE THIS SHEET SOMEWHERE WHERE YOU WILL SEE IT DAILY. LOOK UP AND KEEP WORKING AT YOUR GOALS!