



| | | GENERAL THOUGHTS | SHORT-RANGE GOALS | HOW I PLAN TO ACCOMPLISH MY SHORT-RANGE GOALS | DREAMS | HOW I PLAN TO ACCOMPLISH MY DREAMS |
|----------------|-------------------------|--|-------------------|---|----------------|------------------------------------|
| PURPOSE | Personal Family | The family is the basic unit of our society. My family is very important to me. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. |
| | Spiritual Moral | Above all else, I realize that my spiritual beliefs and my moral values will shape my life. I will do what is right! | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. |
| | Caring Giving | How I function as a total person in society is important. I will give back to my community. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. |
| GOALS | Health Fitness | One of the greatest gifts we have is our health. My physical conditioning is a controllable commodity. I will develop lifetime fitness habits. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. |
| | Your Team | I am part of a great team. I count on my teammates, and they are counting on me. I will achieve great things for my team. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. |
| | Academics Career | I am in school to achieve academically and obtain a valuable diploma. I want to grow both productively and profitably in my career. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. | 1. 2. 3. |

Name: _____

Date: _____

