## **OBJECTIVES, GOALS & ACTIVITIES**

LIFE/CAREER MISSION STATEMENT:	SMART Goal:	
	Activities to support your goal:	
	1.	
	4. 5.	
Emotional Health	6.	
Objective:		
SMART Goal:	<u>Career</u>	
Activities to support your goal:	Objective:	
1.	SMART Goal:	
2. 3.	Activities to support your goal:	
3. 4.	1.	
5.	2.	
6.	3.	
	4.	
	5.	
Spiritual Health	6.	
Objective:		
SMART Goal:	Physical Health	
Activities to support your goal:	Objective:	
1.	SMART Goal:	
2.	Activities to support your goal:	
3.		
4. 5.	1.	
5. 6.	2. 3.	
0.	3. 4.	
	5.	
	6.	

**Mental Health** 

Objective:

<u>Local/Global Citizenship</u>
Objective:
SMART Goal:
Activities to support your goal:
1.
2.
3. 4.
5.
6.
Leisure/Recreation
Objective:
SMART Goal:
Activities to support your goal:
1.
2.
3. 4.
5.
6.
RELATIONSHIPS
Objective:
SMART Goal:
Activities to support your goal:
1.
2. 3.
3. 4.
5.
6.

Notes/Thoughts