

OBJECTIVES, GOALS & ACTIVITIES

LIFE/CAREER MISSION STATEMENT:

Emotional Health

Objective: _____

SMART Goal: _____

Activities to support your goal:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Spiritual Health

Objective: _____

SMART Goal: _____

Activities to support your goal:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Mental Health

Objective: _____

SMART Goal: _____

Activities to support your goal:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Career

Objective: _____

SMART Goal: _____

Activities to support your goal:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Physical Health

Objective: _____

SMART Goal: _____

Activities to support your goal:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Local/Global Citizenship

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.
- 4.
- 5.
- 6.

Notes/Thoughts