

# Setting Life Goals

For each category listed below, write down the things you are doing well, and the areas where you need improvement. Then, write a goal or two for each category.

<b>Category</b>	<b>What I'm Doing Well</b>	<b>Where I Need Improvement</b>	<b>My Goals</b>
Family			
Friends			
Work/School			
Spirituality			
Body			
Mental Health			