

Goals for Your Lifetime

The first step in setting personal goals is to consider what you want to achieve in your lifetime, as setting lifetime goals gives you the overall perspective that shapes all other aspects of your decision making.

To give a broad, balanced coverage to all important areas in your life, try to set goals in some or all of the following:

- **Artistic:** Do you want to learn an instrument? Participate in a play? See the Mona Lisa? If so, how can you make that happen?
- **Attitude:** Is any part of your mindset holding you back? Are there any particular behaviors or habits that are upsetting to you and would like to change? Do you need any outside support to assist you in these changes?
- **Career:** What level do you want to reach in your career? How much education will you need?
- **Education:** Is there any knowledge you want to acquire in particular? What information and skills will you need to achieve your goals?
- **Family:** Do you want to be a parent? Will you wait to have children until you have a good job? After college? How do you envision your family living? If you already have kids, is there anything you would like to do for them?
- **Financial:** How much do you want to earn by what stage of your life? Do you want to understand investments, retirement and 401ks? How can you learn that?
- **Physical:** Are there any athletic goals you want to achieve? How do you want to maintain good health into old age? What steps are you going to take to achieve this?
- **Pleasure:** How do you want to enjoy yourself? Would you like to take up a hobby or register for a class? Maybe travel? You should ensure that some of your life is for **you!**
- **Public Service:** Do you want to make the world a better place by your existence? Are you interested in volunteer work? Community service, Peace Corps, Habitat for Humanity? Environmental or animal welfare organizations? How do you want to give back to the world?

