

“The pursuit of meaningful goals can lead to longer-lasting feelings of subjective well-being than actually achieving goals which are less meaningful”

Christian Van Nieuwerburgh



ROLES AND GOALS

Set goals for all the roles in your life to add balance to your goal setting.

GOALS

AS A MUM/DAD/NAN ETC...

Goals:

1.
2.
3.
4.
5.

AS A HUSBAND/WIFE/PARTNER...

Goals:

1.
2.
3.
4.
5.

AS A SON/DAUGHTER...

Goals:

1.
2.
3.
4.
5.

AS A BROTHER/SISTER/UNCLE...

Goals:

1.
2.
3.
4.
5.

AS A FRIEND...

Goals:

1.
2.
3.
4.
5.

AS A PROFESSIONAL/BOSS...

Goals:

1.
2.
3.
4.
5.

ADD YOUR OWN...

Goals:

1.
2.
3.
4.
5.