



Worksheet

Goal Exploration

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Meaningful goals can give us direction in life, highlight our most important values, and give us a sense of purpose. Taking the time to reflect and think about 'where' we want to be in the future can help us to keep intentionally 'growing' forward.

The purpose of this worksheet is to:

- To introduce you to thinking about your goals in the context of seven different areas
- To help you reflect on (and celebrate) what goals you have accomplished and what you want to continue to do or act upon in the future
- To help you reflect and (honestly) identify what goals you think you can accomplish and what you may wish to act upon in the future

Instructions

On the next page, you will find seven (7) different areas for you to consider when exploring your goals.

In the space provided, start recording what you would like your life to look like. Use the prompts provided to organize your thoughts and ideas.

Area 1: Social

Social goals may include devoting time to friendships, participating in social activities, or building a social support network. It could also be addressing challenges like social anxiety or shyness.

List some goals you have made progress towards this past year. Which would you like to continue to do or act upon?

Think about where you would like to see yourself in 5 years. What is your goal for the future? How could you break this down into a 1-year goal and then a 1-month goal?

Area 2: Physical

Physical goals may include exercising more regularly, developing healthier eating habits, developing a sleep routine, or maintaining a healthier weight. It could also be making sure you are seeing your doctor for regular exams to address any concerns before they become big problems.

List some goals you have made progress towards this past year. Which would you like to continue to do or act upon?

Think about where you would like to see yourself in 5 years. What is your goal for the future? How could you break this down into a 1-year goal and then a 1-month goal?

Area 3: Career

Career goals may include advancing in your current career, furthering your education, starting a new business, retiring or switching careers. Try to choose goals that are within your control. For example: “get a promotion” requires others to act. However, “take courses to improve my skills” is in your control.

List some goals you have made progress towards this past year. Which would you like to continue to do or act upon?

Think about where you would like to see yourself in 5 years. What is your goal for the future? How could you break this down into a 1-year goal and then a 1-month goal?

Area 4: Family

Family goals may include spending more time with family members, rekindling relationships with extended family members or trying new family activities. It could also include trying to improve communication or addressing specific challenges.

List some goals you have made progress towards this past year. Which would you like to continue to do or act upon?

Think about where you would like to see yourself in 5 years. What is your goal for the future? How could you break this down into a 1-year goal and then a 1-month goal?

Area 5: Leisure

Leisure goals may include finding a new hobby, setting aside time to practice a current hobby, trying new things you enjoy, or finding time to relax.

List some goals you have made progress towards this past year. Which would you like to continue to do or act upon?

Think about where you would like to see yourself in 5 years. What is your goal for the future? How could you break this down into a 1-year goal and then a 1-month goal?

Area 6: Mental Health

Mental health goals may include making time for self-care, improving or reducing unwanted behaviours (like angry outbursts), or addressing unhealthy coping mechanisms. It could also include seeing a therapist to work on issues from the past or present.

List some goals you have made progress towards this past year. Which would you like to continue to do or act upon?

Think about where you would like to see yourself in 5 years. What is your goal for the future? How could you break this down into a 1-year goal and then a 1-month goal?

Area 7: Other

Any other goals that do not fit in another category or include multiple categories can go here. For example: maybe you want to work towards an early retirement and then travel abroad. Think of these as your “big dream” goals.

What ‘big dream’ goals do you have?

Think about where you would like to see yourself in 5 years. How can you break down your big dreams into yearly and monthly goals?