

# CAREER AND LIFESTYLE GOALS

## OCCUPATIONAL LIFE

What kinds of work appeal to you most?  
What elements of work are most important?

How would you ideally like to spend your free time?

## PERSONAL LIFE

How would you like to stretch yourself intellectually or academically?

## EDUCATIONAL LIFE

What kind of relationships do you want to have?

## COMMUNITY, FAMILY, AND SOCIAL LIFE

How do you want to be involved in your communities?

What gives your daily life purpose?

## SPIRITUAL AND EMOTIONAL LIFE

Are there thought processes, habits, or relationship patterns you'd like to change?

How would you like to improve your physical health?

## PHYSICAL LIFE