



# LIFE PLANS & GOALS RESOURCE

Name:

**What is my life mission and what are my ultimate goals?** Develop your mission statement at <https://msb.franklincovey.com/>.

**What are the things that are most important to me in life?** What are my values, beliefs, etc.? Discover the values most important to you by taking the [Life Values Inventory](#) assessment.

**What legacy do I want to leave?** Based on your life mission statement and your values, what would you like people to remember you for? Imagine that tonight there is a party honoring you on your 80<sup>th</sup> birthday. What 5 brief things would you like family and close friends to say about you?

Use the charts below to list your academic, career, and personal goals with steps that you can take to achieve them.

<b>SHORT-TERM ACADEMIC/CAREER GOALS? (1-2 YEARS)</b>	<b>MID-TERM ACADEMIC/CAREER GOALS? (3-6 YEARS)</b>	<b>LONG-TERM ACADEMIC/CAREER GOALS? (8-10 YEARS)</b>
<b>WHAT STEPS DO I NEED TO TAKE TO ACHIEVE THESE GOALS?</b>		

**WHAT AREAS/GOALS NEED DEVELOPMENT?**

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*Adapted from Allen, T.D. Finklestein, L.M. & Poteet, M.L. (2009). Designing workplace mentoring programs: An evidence-based approach. Wiley-Blackwell: Malden, MA.*

**PERSONAL GOALS  
(SOCIAL, EMOTIONAL, FAMILY)**

**FITNESS GOALS  
(OVERALL HEALTH)**

**FINANCIAL GOALS  
(INSURANCE, SAVING)**

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**WHAT STEPS DO I NEED TO TAKE TO ACHIEVE THESE GOALS?**

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**WHAT AREAS/GOALS NEED DEVELOPMENT?**

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