

WORKSHEET — *12 Professional & 12 Personal Goals*

Take your time working through this thoughtfully. The more honest and detailed you are, the more powerful your blueprint will be for guiding your next steps and keeping you on track for success.

When you are done describing your goals, answer the questions about them at the bottom of the worksheet.

 **I. 12 Professional Goals**

Describe12 professional goals for the next 12 months

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 **II. 12 Personal Goals**

Describe 12 personal goals for the next 12 months

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**Questions**:

After your initial run at completing this exercise, what themes have you noticed about your goals?

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Were you surprised about what ended up on your list or what did not make your list?

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Which were harder for you to identify? Personal or Professional?

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What message does that say to you?

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Where do you need to focus some energy and attention this year to accomplish what you want?

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