

Goal Setting

CATEGORIES

This is a list of Categories and their subcategories that you can use as a resource to help you set better, more meaningful goals.

Feel free to add, subtract, or change any of these to fit your personal goal setting needs; the more the categories and subcategories resonate with you personally, the more likely you are to set truly significant goals.

7 Main Categories:

PERSONAL – RELATIONSHIPS – PHYSICAL – FINANCIAL – BUSINESS – SPIRITUAL - HOUSEHOLD

PERSONAL : *This category contains any goal or change you wish to implement and achieve on a personal level. Things that are just for you.*

Subcategories:

SELF CARE HABITS HOBBIES
SELF IMPROVEMENT TRAVEL
DAILY ROUTINES/ORGANIZATION

RELATIONSHIPS : *This category contains goals centered around your relationships with others.*

Subcategories:

FAMILY
FRIENDS
ROMANTIC

PHYSICAL : *This category is all about your physical health, fitness, and nutritional goals.*

Subcategories:

FITNESS
NUTRITION
HEALTH

BUSINESS : *This category is all about your work. What career or entrepreneurial aspirations do you have for the year?*

Subcategories:

EDUCATION TIME MANAGEMENT
CAREER RELATIONSHIPS

FINANCIAL : *This category contains any type of monetary goal you would like to set for yourself.*

Subcategories:

INCOME SAVING SPENDING
BUDGET GIVING

HOUSEHOLD : *This category contains any goals you may have for your home life, living situation, or house itself.*

Subcategories:

LIVING SITUATION
HOME IMPROVEMENT
ORGANIZATION

SPIRITUAL : *This is the soul searching category. Any mindful goal centered around spiritual growth goes here.*

Subcategories:

RELIGIOUS SELF IMPROVEMENT GRATITUDE CHARACTER FAITH