

7 Areas of Life Worksheet

This is designed to help you set specific, actionable goals across seven key aspects of life divided into short, medium, and long-term objectives. To use the worksheet effectively, write your goals in the respective boxes.

| | |
|---------------|---------|
| Patient name: | |
| Age: | Gender: |

| | Short term | Medium term | Long term |
|-------------------|--------------------------|--------------------------|--------------------------|
| Career & Business | Goal: Time frame: | Goal: Time frame: | Goal: Time frame: |
| Finances | Goal: Time frame: | Goal: Time frame: | Goal: Time frame: |
| Education | Goal: Time frame: | Goal: Time frame: | Goal: Time frame: |
| Relationship | Goal: Time frame: | Goal: Time frame: | Goal: Time frame: |

| | Short term | Medium term | Long term |
|------------------|--------------------------|--------------------------|--------------------------|
| Health & Fitness | Goal: Time frame: | Goal: Time frame: | Goal: Time frame: |
| Personal Growth | Goal: Time frame: | Goal: Time frame: | Goal: Time frame: |
| Spiritual Growth | Goal: Time frame: | Goal: Time frame: | Goal: Time frame: |

Goal Monitoring

Systematically track each goal across various dimensions to ensure accountability and provide a clear pathway toward achieving each objective.

| Area of life | Time frame | Start date | Target date | Milestones | Status | Challenges /notes |
|-------------------|------------|------------|-------------|------------|--------|-------------------|
| Career & Business | | | | | | |
| Finances | | | | | | |

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|------------------|------------|------------|-------------|------------|--------|-------------------|
| Education | | | | | | |
| Relationship | | | | | | |
| Health & Fitness | | | | | | |
| Personal Growth | | | | | | |
| Spiritual Growth | | | | | | |

Reflection/Additional notes: