

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						
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Spiritual Growth						

Reflection/Additional notes: