



Long Term Goals Worksheet

Long Term Goals should be set in context with each of our roles. With each goal you set, it's important to ask yourself three questions: What? Why? How?

- Overall or long term goal: (What you want to accomplish)
- Why is it important: (Relevance to role)
- How will I get there: (Action steps and deadlines)

EXAMPLE

Role: Personal health and wellness role/Renewal

Overall goal (What):

My goal is to sustain and maintain a healthy body.

Why is important (Why):

So that I can have the strength to accomplish my mission

So I can be an example to my son or daughter

So I can develop my character through personal discipline

How will I get there: (Action steps/deadlines)

I will eat a regular, balanced, and proportionate diet.

I will eat a diet high in fresh fruits and vegetables, whole grains and fish.

I will eat a diet low in sugar, fats and red meats.

I will do thirty minutes of aerobic exercise four days per week starting in November.

I will read literature about how to maintain my health.

This is simply an example – now it's your turn. Complete the worksheet on the following page with one of your long-term goals. You should ideally have just a few of these: 3-5 is an ideal number. If you have too many, you will risk not reaching any of them.

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Role:

Overall goal (What):

Why is important (Why):

How will I get there: (Action steps/deadlines)