

Personal Growth Goal Setting Work Sheet

If you have dreams, goals, or aspirations, you need to grow to achieve them. Growth doesn't just happen. If want to reach your goals and fulfill your potential, become intentional about personal growth. It will change your life. Start today by spending the time to complete this powerful exercise. What we write down has a way of becoming reality.

Career/Leadership Growth

- +add value to others +learn a new skill +be intentional
- +build stronger relationships +create momentum +mindset
- +complete a project in a specified amount of time

My Career Growth Goal: _____

Financial Growth

- +earn a specified amount of money
- +set up an investment in a specified account
- + seek the advice of a financial planner
- +get out of debt

My Financial Growth Goal: _____

Health and Fitness Growth

- +work out 3 to 4 times a week +join a health club
- +Have an annual checkup +quit smoking
- +eat nutritious food

My Health and Fitness Growth Goal: _____

Spiritual Growth

- +Set aside time to reflect, meditate, pray or think about spiritual matters
- +join a place of worship

My Spiritual Growth Goal: _____

Educational Growth

- +earn credits toward a degree
- +take adult education classes
- +read 1-2 nonfiction books a month

My Educational Growth Goal: _____
