

## Section #1: Identifying Dreams/ Wishes

Write down three “dreams” that fall under each category. These items can be anything you have every thought about achieving. Each item listed should be important to you; if you achieved one of these items, it would make this year unbelievable!

### Health and Wellness (physical)

#1
#2
#3

### Social (family/community)

#1
#2
#3

### Psychological and Emotional (thoughts and feelings)

#1
#2
#3

### Professional (job-related)

#1
#2
#3

## Section #2: Turning Dreams into Goals

- Specific
- Measurable
- Achievable/Adjustable/Action-oriented
- Realistic
- Time-Oriented

Once we have identified the things in our life that we have resolved to change, we need to create a plan to make these dreams into achievable goals.

a) Choose one “dream” from the **Health and Wellness** section and list it below:

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b) *Rephrase* this “dream” to be **positive**:

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c) *Rewrite* this “dream” to be more **specific**:

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d) *Describe* how you will **measure** your goal:

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e) List 3 **actions** that you will need to take in order to reach this goal:

#1
#2
#3
Today's Action:

f) Decide whether this goal is **realistic**?  Yes  No

g) Record the **timeframe** in which you would like to achieve this goal:

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### Section #3: Establishing Motivation

Why is this goal important to you?


What will you gain by reaching this goal?


### Section #4: Surviving Setbacks

What setbacks do you foresee in trying to reach your goal? How will you counter each setback?

Potential setback #1:
Action plan to counter:
Potential setback #2:
Action plan to counter:
Potential setback #3:
Action plan to counter: