

Rate My Goals

An easy way to identify and track your progress towards your long-term goals.



Hope



20 Minutes



Intermediate

Career

Goal 1:

1	2	3	4	5	6	7	8	9	10
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Goal 2:

1	2	3	4	5	6	7	8	9	10
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Fun and Free-Time

Goal 1:

1	2	3	4	5	6	7	8	9	10
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Goal 2:

1	2	3	4	5	6	7	8	9	10
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Health

Goal 1:

1	2	3	4	5	6	7	8	9	10
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Goal 2:

1	2	3	4	5	6	7	8	9	10
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Friends & Family

Goal 1:

1	2	3	4	5	6	7	8	9	10
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Goal 2:

1	2	3	4	5	6	7	8	9	10
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Finances

Goal 1:

1	2	3	4	5	6	7	8	9	10
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Goal 2:

1	2	3	4	5	6	7	8	9	10
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Personal Growth

Goal 1:

1	2	3	4	5	6	7	8	9	10
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Goal 2:

1	2	3	4	5	6	7	8	9	10
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Full Instructions

1. Start by writing a list of all the **major goals** you want to achieve in your life.

2. Assign at least 2 **long-term** goals (to complete within the next 1-2 years) to each of the domains provided.

Note: Goals should be both meaningful and reasonable to achieve e.g. “get a promotion at work”.

3. Once you have written down your goals for each domain, rate your current progress towards them on a **scale of 1-10**.

1 = no movement made towards your goal

10 = very satisfied with your progress towards the goal

4. Repeat this process on a **weekly or monthly** basis as a way of tracking your progress and identifying which of your goals are close to completion and which require more attention.