

**Your Broad Life Goals**

*This is to help clarify your preferred life goals and the level of satisfaction with achieving each. This will help to determine important goals to include in your emotional health and wellness plan.*

1. Using the following scale, rate the importance of the following life goals.

Not important 1 2 3 4 5 Highly Important

2. Using the second scale below, rate your satisfaction with achieving those goals that you rated three or more in importance.

Achievement of goal  
Not at all satisfactory 1 2 3 4 5 Highly satisfactory

<b><i>Importance</i></b>	<b><i>Satisfaction</i></b>	<b><i>Goal</i></b>	<b><i>Definition of Goal</i></b>
_____	_____	Affection	To obtain and share companionship, love and support
_____	_____	Duty	To dedicate myself to what I call my responsibilities.
_____	_____	Expertness	To become an authority in a specific skill or learning area.
_____	_____	Independence	To have freedom of thought and action.
_____	_____	Leadership	To become influential
_____	_____	Home-focused	To have a beautiful and comfortable home.
_____	_____	Parenthood	To raise a fine family and interact with them as adults.
_____	_____	Pleasure	To enjoy life – to be happy and content
_____	_____	Power	To have control of oneself and others
_____	_____	Prestige	To become well-known
_____	_____	Security	To have a secure and stable position or home life
_____	_____	Self-potential	To optimize personal development
_____	_____	Service	To contribute to the satisfaction of others
_____	_____	Wealth	To have a great deal of money
_____	_____	Spiritual	To focus on a power beyond self in everyday activities.
_____	_____	Fitness	To feel vital and healthy through living a healthy and balanced lifestyle.

Taking into consideration both importance and satisfaction ratings, what five areas would you like to focus on the most?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Why?

## *Your Energy Level*

*Make your list of what builds up your energy +  
and what drains your energy –*

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*These build up my energy +*

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*These drain my energy –*