



# Personal Goals Profile

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. What results would you like to create in any area of your life (things, situations, habits, etc.) in the next year?
  
  
  
  
  
  
  
  
  
  
2. What do you have in your life presently that you would like to change?
  
  
  
  
  
  
  
  
  
  
3. How serious are you about making these things happen?
  
  
  
  
  
  
  
  
  
  
4. How long have you been aware of the desire to improve or develop these areas?
  
  
  
  
  
  
  
  
  
  
5. Why don't you have it now?
  
  
  
  
  
  
  
  
  
  
6. What are you willing to do differently?
  
  
  
  
  
  
  
  
  
  
7. Why do you want this to happen?