

Goal Questionnaire

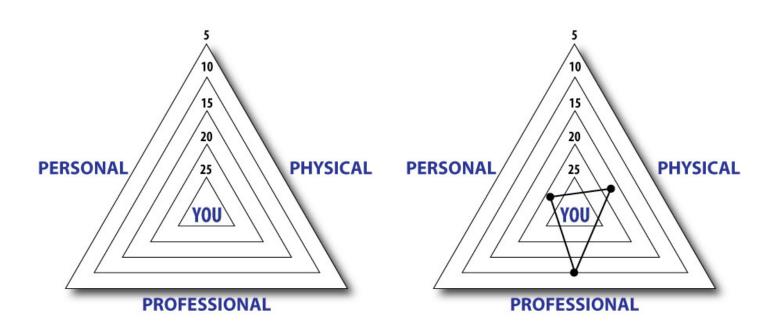
Rate each of these areas as to how you agree or disagree with them:

	Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5		
Pe	rsonal					Score	
1.	Relationship with God or Higher Spirit - You are connected to a higher power or spiritual source that nurtures you mentally and emotionally.						
2.	Relationship with Self - You enjoy what you do each day and are a relatively happy, satisfied person.						
3.	Relationship with Significant Other - You have an intimate personal relationship with someone special who supports you physically, mentally, and emotionally.						
4.	Relationship with Family - You are a contributing and supportive member of a family unit.						
5.	Relationship with Friends - You have at least one close friend you can confide in and socialize with on a regular basis.						
Tot	al						
Pro	ofessional						
1.	Work - You are satisfied with the work you do – whether paid or volunteer - and with its level of responsibilities.						
2.	Compensation - You are sa receive for the work you do		e compensation	on you			
3.	Passion - You feel that the unique talents, passions, a		form utilizes yo	our			
4.	Financial - You are able to and save for expected and		• •				
5.	Contribution - You believe to society in some way and	•	•				
Tot	al						

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Rate each of these areas as to how you agree with them:

		Strongly Disagree 1	Disagree 2	Neutral 3	Agree 4	Strongly Agree 5	
	Ph	ysical					Score
1. Eating - You eat healthy, nutritious meals on a regular basis.							
 Fitness - You incorporate some form of physical exercise or activity at least three times a week (including walking, weight training, biking, martial arts, yoga, etc.). 							
	 Weight - You are within 10 -15 pounds of your optimum, healthy weight – what's right for you. 						
	4.	Health Issues - You are re health issues that you're o		•			
	5.	Unhealthy Habits - You re abuse alcohol or other typ		king and do no	ot		
Total							



Directions: Score each of the statements from 1 to 5 with 1 being Strongly Disagree and 5 being Strongly Agree. Then add up the score for each category and jot that number on the total line. Then plot that score on the triangle for each category as indicated and connect the dots. The triangle you make will point to the type of goals you need to work on the most. (In this diagram, my professional goals are needed most and the individual statements will provide an idea of what to work on first.)