



Defining your Life Goals

Ei4Change

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Define precisely and describe what your ideal world or lifestyle will be three years from today. Ensure that you have covered all important aspects of your life.

Check that your description is CHALLENGING and STRETCHING and DESIRABLE. Is it what you really want?

Write down 3 goals linked to your core purpose in life. Remember to make your goals SMART (Specific, Measurable, Action-oriented, Realistic, Timely).

1.

2.

3.

Once you have written down your goals break them down into one-year goals, always ensuring that you identify the milestones needed, and then repeat the process for six months, three months, and one-week goals.

Again, remember to make your goals SMART (Specific, Measurable, Action-oriented, Realistic, Timely).

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One year goal

Six month goal

Three month goal

One week goal

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