



# Medium Term/Retirement Goals

## Family Goals

Outcome Goals:

1. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

## Career/Sport Goals

Outcome Goals:

1. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

# Friendship Goals

Outcome Goals:

1. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

# Physical/Mental Health Goals

Outcome Goals:

1. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

# Personal Development/Growth/Spiritual Goals

Outcome Goals:

1. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

# Financial Goals

Outcome Goals:

1. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

## Other Goals

Outcome Goals:

1. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_

Process Goals:

\_\_\_\_\_  
\_\_\_\_\_