

# Personal Life Goals

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## GOAL A

I will explore new ways to use my leisure time.

## GOAL B

I will learn new ways to get along better with others.

## GOAL C

I will explore effective ways to improve my physical, mental, or spiritual health.

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# Student Plan Sheet

## PERSONAL LIFE



Student Name \_\_\_\_\_

### Personal Life Goal A: I will explore new ways to use my leisure time.

**My Strengths:** Look at your Skills Summary Sheet. Write up to 5 skills that are strengths that could help you accomplish this goal.

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

**Skills I Need To Improve or Work Around:** Look at your Skills Summary Sheet. Write no more than 3 skills that you might need to improve or work around in order to accomplish this goal.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Activities:** Put a check mark (✓) beside one activity that will help you accomplish this goal.

- 1. I will go to the library and read some books or articles about an activity I am interested in trying. I will try this activity at least two times to find out if I like it.
- 2. I will check the class listings for my local community college and find a class for an activity I am interested in trying.
- 3. I will check the class listings for a local recreation organization and find a class for an activity I am interested in trying.
- 4. I will join a group or organization that participates in an activity I am interested in trying, and I will attend one of their meetings.
- 5. I will ask my friends about an activity I am interested in trying. I will try the activity at least two times to find out if I like it.
- 6. I will improve or work around this skill: \_\_\_\_\_
- 7. Other activity: \_\_\_\_\_

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