

1. Health and well-being

List below your personal goals in relation to health and well-being.

Let yourself be inspired by the following words and phrases:

Physical fitness. Weight. Eating habits/ nutritional needs. Smoking/ drinking habits. Relaxation. Medical examinations: Body care. Clothes.



My goals	My sub-goals
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2. Education and skills

List below your personal goals in relation to your education and skills.

Let yourself be inspired by the following words and phrases:

Formal education/ degrees. Further education. Professional updating. Language skills. Background knowledge on cultural/ economic/ political/social affairs. Written/oral communication skills. Practical skills. Technical skills. Understanding of human relations.



My goals	My sub-goals
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3. Job and career

List below your personal goals in relation to your job and career.

Let yourself be inspired by the following words and phrases:

Choice of occupation/line of business. Career. Desire for influence. Responsibility. Challenges. Variety. Security. Environment. Salary. Working hours. Benefits. Retirement. Sabbatical leave. Vacations. Location. Commuting distance. Opportunities for personal development.



My goals	My sub-goals
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4. Financial circumstances and material possessions

List below your personal goals in relation to your financial circumstances and your desire for material possessions.

Let yourself be inspired by the following words and phrases:

Income. Security. Money management. Liquidity. Taxes. Investments. Savings. Accumulation of property. Independence. Retirement plan. Life insurance. Private/joint property. Wills. The next generation. House/flat. Car(s). Boat(s). Summer cottage. Furniture. Equipment/furnishings. Decoration/art work. Clothing. Private consumption. Travel.



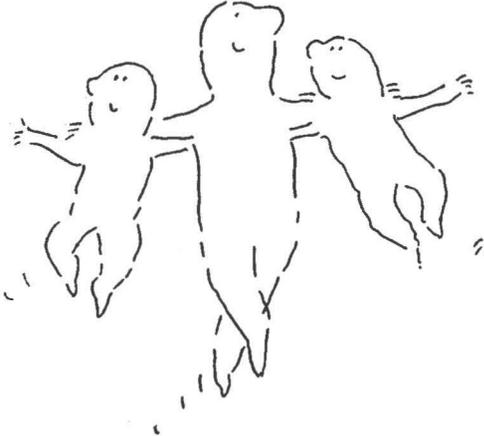
My goals	My sub-goals
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5. Relationships

List below your personal goals for your relationships with others.

Let yourself be inspired by the following words and phrases:

Husband/wife. Children. Grandchildren. Parents. In-laws. Brothers. Sisters. Nieces/nephews. The rest of the family. Division of chores at home. Career/family life. Family patterns. Lifestyle. Friends. Society. My boss/Colleagues. Employees. Business contacts. Authorities. Organisations. Clubs. Politicians. Opinion-makers. The media.



My goals	My sub-goals
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6. Attitudes towards life and values

List below your personal goals in relation to your attitudes towards life and values.

Let yourself be inspired by the following words and phrases:

Self-knowledge. Commitment. Tolerance. Self-esteem. Self-confidence. Sense of responsibility. Control of own life. View of human nature. Attitudes towards others. Political convictions. Ethics. Integrity. Religion/faith. Ideology. Group affiliation. Present situation. Respect. Dignity. The opinion of others.



My goals	My sub-goals
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7. Use of time

List below your personal goals in relation to how you use your time.

Let yourself be inspired by the following words and phrases:

Relation between working time and leisure time. Between time spent on oneself and on others. Between time spent on maintaining the status quo and developing something new. Relation between performance and enjoyment. Leisure activities. Hobbies. Club work. Sports activities. Political activities. Travel. Holidays. Social activities. Traditional activities. Variety in life. Effective use of time. Quality time.



My goals	My sub-goals
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