Writing Personal Goals and Objectives

In order to create the kind of life you want, it helps to have a clear picture of where you're headed—your personal mission. It's equally important to make a plan on how to get there—how to make your dreams come true, one day at a time.

To help you do that it is a good idea to learn how to set goals and objectives for yourself. Your goals are the things you want to do over the next several years. Your objectives are the smaller steps you're going to take—tomorrow, next week, next month—to get there.

By writing down goals and objectives for yourself you are taking a big step toward making them happen. The next step will be to actually do these things—and keep a record. This is something you and your mentor can work on together over time.

Writing Goals
Here are some of the kinds of goals a young person like you might be interested in setting.

- Art/Music/Creativity – what goals do I have for my creative side?
- Education – where do I want to be in several years in terms of my education?
- Relationships – 3 years from now, what do I want my relationships to be like? Do I want more friends? More time with family? A better relationship with my dad? To be married? To be single?
- Spiritual – what kind of spiritual growth or involvement do I see for myself over the next few years?
- Sports/Fitness/Health – if I am successful, what will my health and fitness be like several years down the road?
- Work – what direction do I want to go in terms of my future career?

Example
One young person might write:
In three years from today, I will be…
- In a 4-year college full-time, pursuing a nursing degree
- Living on my own—not married—and not fighting with my father
- Working part time as a nurse's aide or home health aide
- Taking piano lessons
- Working out—more fit
- Active in a church near my college—doing community service

What are your goals? Write out a goal for each area below that's important to you:

- Art/Music/Creativity _____

- Education_____

- Relationships_____

- Spiritual_____

- Sports/Fitness/Health_____

- Work_____