

| SPIRITUAL | Goal | Steps to achieve it | Timeline |
|-----------|------|---------------------|----------|
|           | i.   |                     |          |
|           | ii.  |                     |          |
|           | iii. |                     |          |
|           | iv.  |                     |          |
|           | v.   |                     |          |
|           | vi.  |                     |          |
|           | vii. |                     |          |

| FAMILY/SOCIAL | Goal | Steps to achieve it | Timeline |
|---------------|------|---------------------|----------|
|               | i.   |                     |          |
|               | ii.  |                     |          |
|               | iii. |                     |          |
|               | iv.  |                     |          |
|               | v.   |                     |          |
|               | vi.  |                     |          |
|               | vii. |                     |          |

| FINANCIAL | Goal | Steps to achieve it | Timeline |
|-----------|------|---------------------|----------|
|           | i.   |                     |          |
|           | ii.  |                     |          |
|           | iii. |                     |          |
|           | iv.  |                     |          |
|           | v.   |                     |          |
|           | vi.  |                     |          |
|           | vii. |                     |          |

| HEALTH | Goal | Steps to achieve it | Timeline |
|--------|------|---------------------|----------|
|        | i.   |                     |          |
|        | ii.  |                     |          |
|        | iii. |                     |          |
|        | iv.  |                     |          |
|        | v.   |                     |          |
|        | vi.  |                     |          |
|        | vii. |                     |          |

| ACADEMIC/PROFESSIONAL | Goal | Steps to achieve it | Timeline |
|-----------------------|------|---------------------|----------|
|                       | i.   |                     |          |
|                       | ii.  |                     |          |
|                       | iii. |                     |          |
|                       | iv.  |                     |          |
|                       | v.   |                     |          |
|                       | vi.  |                     |          |
|                       | vii. |                     |          |

| CAREER/VOCATION | Goal | Steps to achieve it | Timeline |
|-----------------|------|---------------------|----------|
|                 | i.   |                     |          |
|                 | ii.  |                     |          |
|                 | iii. |                     |          |
|                 | iv.  |                     |          |
|                 | v.   |                     |          |
|                 | vi.  |                     |          |
|                 | vii. |                     |          |