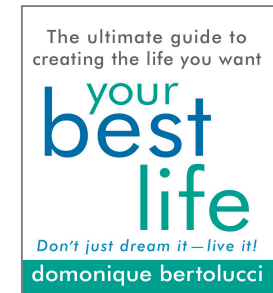


Chapter 5: Creating Real and Specific Goals

Step 1: Using the scores you gave yourself in the wheel of life exercise, identify things that you would need to do, be or have in your life to move your score closer to a 9.5/10.

Step 2: Identify whether the change required is a short, medium or long term goal.



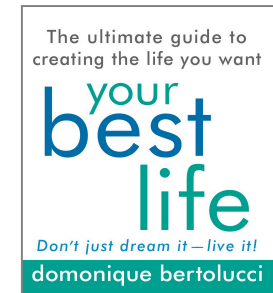
Quick Goals Needs Assessment

Goal Area	/10	Do, Be, Have - Changes to required to achieve 9.5 /10	Short Term	Med Term	Long Term
Friendships					
Work / Career / Mental Stimulation					
Health and Fitness					

Chapter 5: Creating Real and Specific Goals

Step 1: Using the scores you gave yourself in the wheel of life exercise, identify things that you would need to do, be or have in your life to move your score closer to a 9.5/10.

Step 2: Identify whether the change required is a short, medium or long term goal.



Goal Area	/10	Do, Be, Have - Changes to required to achieve 9.5 /10	Short Term	Med Term	Long Term
Fun and Recreation					
Finance and Money					
Personal Growth/Spirit / Soul					