

12 Goal Setting Areas

What are some areas that your client's can set goals in?

Artistic:

Do you want to achieve any artistic goals? If so, what?

Attitude:

Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? If so, set a goal to improve your behavior or find a solution to the problem.

Career:

What level do you want to reach in your career?

Education:

Is there any knowledge you want to acquire in particular? What information and skills will you need to achieve other goals?

Family:

Do you want to be a parent? If so, how are you going to be a good parent?

Financial:

How much do you want to earn by what stage?

Physical:

Are there any athletic goals you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?

Personal and Professional Knowledge:

Increasing your knowledge is a key to success. What would you like to learn?

Pleasure:

How do you want to enjoy yourself? - You should ensure that some of your life is for you!

Public Service:

Do you want to make the world a better place? If so, how?

Spirituality:

Do you want to feel closer to God? How would this affect your life?

Time Management:

Do you want more spare time? How would you spend it?