**Personal and Professional Goals**

**PERSONAL GOALS**

Our personal goals are inextricably linked to our professional goals. I therefore encourage you to use this form to set personal goals as they will help in setting your professional goals below.

Take as much space as you need. **Be very specific and concrete and think big!**

If you are unsure of your goals, do your best to come up with some. We will fine-tune and add to them as we work together. List at least 3-5 short-term personal goals that you want to complete within the next 3 months.

1.

2.

3.

4.

5.

List at least 3-5 personal goals you would like to accomplish within one year.

1.

2.

3.

4.

5.

List at least 3-5 personal goals you would like to accomplish within the next 5 years.

1.

2.

3.

4.

5.

**PROFESSIONAL/BUSINESS GOALS**

Take as much space as you need. **Be very specific and concrete and think big!**

If you are unsure of your goals, do your best to come up with some. We will fine-tune and add to them as we work together.

List at least 3-5 short-term professional goals that you want to complete within the next 3 months.

1.

2.

3.

4.

5.

List at least 3-5 professional goals you would like to accomplish within one year.

1.

2.

3.

4.

5.

List at least 3-5 professional goals you would like to accomplish within the next 5 years.

1.

2.

3.

4.

5.