

Worksheet 4.22 Structuring Goals

This worksheet has been designed to help you through the process of developing goals. In order to help you figure out where to begin in terms of creating goals for your life, please think about the major domains of life, as listed below, and then indicate which areas are most important for you in the chart provided.

Life domains

- Home/family
- Work
- School
- Social relationships
- Romantic relationships
- Hobbies
- Religion/spirituality
- Physical health
- Civic engagement (i.e., volunteering/helping others)
- Sports
- Arts/music
- Other: _____
- Other: _____

List the life domains that are most important in your life in the spaces below. List them from most to least important. If a domain does not apply, do not include it in your list. Next, rate how satisfied you are with your life in each of these domains on a scale from 1 (not satisfied at all) to 10 (extremely satisfied).

	Rank ordering of life domains	Satisfaction rating (1–10)
Most important	1.	
	2.	
	3.	
	4.	
	5.	
	6.	
	7.	
	8.	
	9.	
	10.	
	11.	
	12.	

Now, based on the chart above, choose an important life domain that is in need of improvement and respond to the questions below.

Life domain chosen:

The aspect of this life domain that I would like to work on is:

Next, state your goal for this life domain as specifically as you can and be sure to phrase it in positive terms. (For example, if your physical health goal is to lose weight, you might precisely and positively define your goal as follows: My goal is to become healthier by working out for at least 30 minutes a day, three days per week and eating at least four fruits or vegetables per day.)

My goal, stated precisely and positively is:

The first step I need to take to put this goal into action is:

I will find the motivation to work toward my goal by:

The challenges that I might face as I work toward this goal are:

I will overcome these potential challenges by:

Throughout the process of structuring your goals, remember to break large goals down into a series of smaller goals and do not put too much pressure on yourself to accomplish large goals all at once. Also, if your plan for reaching a goal fails, do not get down on yourself or give up. Rather, learn from it and create an alternative plan for reaching your goal. If your goal is truly blocked, find a substitute goal to focus upon. As you work toward your goals, be sure to enjoy the process and be kind to yourself. Talk to yourself in positive terms and remind yourself of your past goal successes, especially if you find yourself losing motivation (Lopez et al., 2004).