

# On the List

## Goals

### Part 1: Brainstorming

Brainstorm your lifetime goals in each applicable category. Write anything and everything that comes to your mind. There are no wrong answers:

1. Relationships
2. Pleasure
3. Family
4. Career
5. Financial
6. Educational
7. Public Service
8. Creativity
9. Personal Growth
10. Physical

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### Part 2: Breakdown by Month & Year

Take your brainstorming list and rewrite your goals in bullet point form with the date on which you want to complete the goal:

1. Relationships
2. Pleasure
3. Family
4. Career
5. Financial
6. Educational
7. Public Service
8. Creativity
9. Personal Growth
10. Physical

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## Goals

### Part 3: Five Year Plan

Write\*\* below all of the items that need to be completed in the next 5 years to reach your lifetime goals:

1. Relationships
2. Pleasure
3. Family
4. Career
5. Financial
6. Educational
7. Public Service
8. Creativity
9. Personal Growth
10. Physical

\*\*Keep re-writing the goals.  
Repetition is part of the plan!



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## Goals

### Part 4: One Year Plan

Write below all of the items that need to be completed in the next 1 year to reach your lifetime goals. If you have a calendar, add these goal deadlines into it:

1. Relationships
2. Pleasure
3. Family
4. Career
5. Financial
6. Educational
7. Public Service
8. Creativity
9. Personal Growth
10. Physical

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## Goals

### Part 5: Six Month Plan

Below, break down your one year plan into smaller goals that are achievable within 6 months. Add your 6-month plan goals to your calendar.

1. Relationships
2. Pleasure
3. Family
4. Career
5. Financial
6. Educational
7. Public Service
8. Creativity
9. Personal Growth
10. Physical

# On the List

## Goals

### Part 6: One Month Plan

This is your to-do list for the month. After writing them down here, add all of your to-do's into your calendar and get going!

1. Relationships

2. Pleasure

3. Family

4. Career

5. Financial

6. Educational

7. Public Service

8. Creativity

9. Personal Growth

10. Physical

How will you make sure to be held accountable?



# Extra Help

Goals

## Having a hard time?

Ask yourself the following:

1. Relationships: What is your vision for your relationship? The life you would like to have with your (future) partner would include feeling.... doing... being the kind of partner who...
2. Pleasure: How do you want to have fun? How will you be sure you are enjoying life just for you? What do you want your future sex life to be like?
3. Family: Do you want to have children? What type of parent do you want to be? How do you want your parents/siblings/extended family to see/treat you?
4. Career: What level do you want to reach in your career, or what do you want to achieve? Is your current career the one you want to be in for a lifetime? If you could do anything but your current job, what would you do? What are the skills and talents that you have and how can you monetize those?
5. Financial: How much money do you want to earn? How much of your desired earnings will be from your career and how much from other avenues?
6. Educational: Any education you would like to receive either for a degree, continuing education, hobbies? Do your other goals require you to acquire additional education?
7. Public Service: Do you have a community for which you fight for? Do you want to make the world a better place? How will you do that?
8. Creativity: Where do you become inspired? What mindset makes you the most creative? Around what people, places, things do you begin to get new ideas?
9. Personal Growth  
The barriers I bring to creating the relationship/career/family/education/etc I want are...  
Things I will have to change about myself in order to create the relationship/career/family/education/etc I described above are...  
What are the reasons it won't be easy for me to make these personal changes?  
The hardest change I have to make in myself is?
10. Physical: Are there any athletic goals that you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?

Questions, Comments, & Feedback Welcomed at  
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