



MY LIFE. MY PLAN: WOMEN

Custom Goals Worksheet

Customize goals, target dates, and action steps. Take your life plan even further! On this page, you can write out your own unique goals or carry over those you checked off on your life plan. You'll also have space to set target dates and outline action steps.

Your goals will:

Inspire you to do the work everyday.

Be measurable, and specific, and have a deadline.

Get you a step closer to getting what you want out of life!

STEP 1: Outline your **goals** and set **target dates**.

MY CHOICE: Goals

Example: I will know what I want out of a relationship by ...

Goal	Target Date
1. _____	_____
2. _____	_____
3. _____	_____

STEP 2: Add your **action steps**.

Action steps are specific steps you will take to stay on track and reach your goal. Fill in each text box with your own action steps!

MY CHOICE: Action Steps

Example: I will know my sexuality and be comfortable with it, and I'll talk to my partner about what they want for their future and our future together.



MY HEALTH: Goals

Example: I will get fit and healthy by ...

Goal	Target Date
1. _____	_____
2. _____	_____
3. _____	_____

My HEALTH: Action Steps

Example: I will eat better (small, frequent meals), avoid fatty or sugary foods, share my fitness goals with somebody else, exercise regularly, set a schedule and stick to it, add fruits and vegetables into meals, find healthy recipes, limit salt, find a primary care provider that I am comfortable with and is close to where I live and easy to get to.

MY EMOTIONAL WELLNESS: Goals

Example: I will learn how to deal with stress by ...

Goal	Target Date
1. _____	_____
2. _____	_____
3. _____	_____



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MY EMOTIONAL WELLNESS: Action Steps

Example: I will talk to someone about my stress (friend, coworker, etc.), exercise regularly, know when I feel stressed and need to take a break, take up meditation or yoga for relaxation at a specific time each day, establish a regular routine, cut out one hour of TV or online time each day, start a positive morning routine and stick to it, choose positive videos or magazines to look at, hang out with positive people, and take time to recharge so that I don't get burned out.

MY ENVIRONMENT: Goals

Example: I will live in a healthy and safe environment by ...

Goal	Target Date
1. _____	_____
2. _____	_____
3. _____	_____

MY ENVIRONMENT: Action Steps

Example: I will avoid products with heavy fragrances, always wear sunscreen when I am in the sun, avoid processed foods, read the labels of my personal care products to see if they are harmful, try to choose an alternative to using plastic products, limit the time I spend around harmful chemicals at work, remember to take my shoes off when I enter my home.



MY FUTURE: Goals

Example: I will identify my dreams by ...

Goal	Target Date
1. _____	_____
2. _____	_____
3. _____	_____

My FUTURE: Action Steps

Example: I will learn my interests, learn my hobbies, and see where my interests will make a difference, learn what excites me, know what I have a passion for, and look for steps to get to the job I want to have, get a steady job, think about my future, and set goals for my career and my life.

Your life plan is complete!

By completing your life plan, you are taking a huge step in realizing your personal life goals. Keep a copy of your completed life plan easily accessible so that you can frequently review your goals and action steps, which is a key strategy toward achieving them!
