

Life Goal Setting Template

Personal Information

Name

Enter your name

Date

Vision Statement

Describe your life vision or what you want to achieve overall...

Core Values

List your most important beliefs and values...

Life Goals

Category

Personal

Goal Title

e.g., Run a marathon

Deadline

Description

Briefly describe this goal...

Action Steps

Break your main goal into smaller, actionable steps...

Potential Obstacles & Strategies

List possible challenges and how you plan to overcome them...

Progress Tracking

How will you track your progress? (e.g., milestones, frequency, measurement)...