



Daybreak Solutions
Personal Life Coaching
Accomplish goals and realize dreams

Goals Assessment and Prioritization, Part I

Jot down at least three (3) things you would like to achieve over the next year in *each* of the following areas of your life.

_____ Financial Well-being

_____ Work/Career

_____ Physical Home Environment

_____ Recreation, Relaxation, Joy and Laughter, Fun and Free Time

_____ Physical Fitness and Health

_____ Relationships with Family and Friends

_____ Romantic/Intimate Relationships

_____ Personal Growth (learning, spirituality, personal achievements, self-fulfillment)

_____ General Life Satisfaction/Happiness

_____ Community Service, Contribution and Legacy

Now go back and rank-order these 10 items to reflect your current priorities.



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Goals Assessment and Prioritization, Part II

Referring back to your list in Part I, identify and expand upon the goals in the one area (Financial, Career, Personal Growth, etc.) currently most important to you. Write out your specific goals in as much detail as possible. These will be the focus of your first coaching sessions.

Focus Area: _____

Goal 1:

Goal 2:

Goal 3: