



PERSONAL GROWTH/RELATIONSHIP GOALS WORKSHEET

Define three to five personal growth/relationship goals that matter most to you. Use the list below or come up with your own.

GOAL #1

Goal

Why

How

As If

GOAL #2

Goal

Why

How

As If

GOAL #3

Goal

Why

How

As If

GOAL #4

Goal

Why

How

As If

GOAL #5

Goal

Why

How

As If

PERSONAL GROWTH GOAL IDEAS

- Live in the present moment, stop worrying about the past and/or future.
- Get coached this year and learn how to evolve myself.
- Create reserve in all areas of my life, have more than enough.
- Shift from not enough to more than enough mentality.
- Find a church or religion that resonates with me.
- Recycle.
- Donate the clothes I don't use.
- Be a positive thinker.
- Stop gossiping or talking down about others.
- Remove this habit _____.
- Go on a week long media fast.
- Spend time alone.
- Feel motivated and not stuck anywhere in my life.
- Initiate events more and stop waiting for them to come to me.
Create life.
- Feel grateful and keep a gratitude journal.
- Read the Bible regularly.
- Pray regularly.
- Volunteer your time to a cause that excites you.
- Read a new personal growth book every month.
- Spend time in nature.

RELATIONSHIP GOAL IDEAS

- Develop closer relationship with parents by _____.
- Develop closer relationship with kids by _____.
- Develop closer relationship with siblings by _____.
- Remove draining friends from my life.
- Say "no" without feeling guilty.
- Honor relationships by not stepping over important topics. Be direct and assertive.
- Work through family problems with a therapist.
- Get complete. Say what's on my mind.
- Identify 10 qualities of a great friend.
- Make plans to visit an out of town friend.
- Invite friends for a girls' night in.
- Create a ritual of eating together as a family.
- Play with my kids at least an hour daily.

- Set up a date night with my spouse.
- Renew marriage vows.
- Be more affectionate.
- Find a hobby or activity to do with my significant other.
- Attend a marriage conference or work shop.
- Get couples counseling.
- Get out of a bad relationship.
- Become a better listener.
- Rekindle the flame.
- Improve sex life (frequency or quality).
- Get married or engaged this year.
- Learn my spouse's love language.
- Move on after a break up or divorce.
- Stop criticizing my mate. Say words to build up and affirm.
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