

LNSK 306
ADD Strategies

Name: _____
Date: _____

GOALS WORKSHEET

This questionnaire contains three sets of questions: profile, evaluation, and goals. The answers to the questions will help you evaluate your lifestyle, identify areas you would like to change and clarify goals to assist you in making those changes.

SET #1: PROFILE

1. PROFESSIONAL CONSIDERATIONS

- a. Am I in the job or profession for which my education prepared me? (Am I doing what I was trained to do?)

If not, why?

- b. What does it mean to me to have or have not — taken the path for which I prepared?

- c. What do I do well in my job?

- d. What specific parts of my job do I actually enjoy?
- e. What problems do I experience in my job?
- f. Would I choose this job again if I were starting over?
- g. How much of my job do I have to bring home?
- h. What words best describe how I feel when I think about my job?

2. PHYSICAL AND MENTAL HEALTH CONSIDERATIONS

- a. How much sleep do I generally get?
- b. Do I sleep without interruption?
- c. When I wake up, do I feel rested?
- d. Do I eat three meals a day regularly?
- e. How much attention do I pay to nutrition?
- f. Do I limit calories, fat, sodium etc. in my food?
- g. Is my weight under control?
- h. What medications do I regularly take?
- i. Do I exercise on a regular basis?

- j. Do I limit my alcohol consumption?
- k. Have I stopped smoking? (Or have I never started?)
- l. Am I happy with the state of my present physical health?

3. SOCIAL LIFE

- a. How often do I see my friends?
- b. Do my friends and acquaintances “lift me up” or do they “drag me down”?
- c. How often do I have fun?
- d. What do I enjoy doing beyond work/school?
- e. What am I good at beyond work/school?

4. SPIRITUAL LIFE and SENSE OF WELL-BEING

- a. How important to me is being part of a religious community like a church or synagogue?
- b. If it is important, how often do I attend services?
- c. Is being spiritual, rather than religious, important to me?
- d. How often do I pray or meditate?
- e. When do I feel most at peace?
- f. What makes me feel a sense of gratitude?
- g. What makes me feel fulfilled?

- h. What stressors are present in my life?
- i. Who are the people in my support network?
- j. How often do I interact with those in my support network?
- k. What do I do for myself only?
- l. What do I value most in life?
- m. What do I do to honor those values?

5. FINANCIAL CONSIDERATIONS

- a. How financially secure do I feel?
- b. How often do I worry about money?

- c. Have I saved enough for emergencies?
- d. Do I have long-term investments?
- e. Do I have adequate health/home/life insurance?
- f. Am I living within my means?
- g. What do I consider important enough to incur debt for?
- i. How manageable is my current debt?

6. HOME LIFE

- a. What quality time am I spending with my spouse or partner?
- b. Is it enough?
- c. What quality time am I spending with my children?
- d. Is it enough?
- e. How involved am I in my children's/spouse's/partner's activities?
- f. How important are my individual needs to my family?
- g. How am I handling my share of family/household responsibilities?

- h. How active am I in my community?
 - i. How do I feel about the area where I live?
 - j. How does my home reflect who I am?
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SET #2: EVALUATION

Read over the responses you gave to the questions in Set #1. Take enough time to think about what you wrote. What profile of you emerges? With that picture in mind, answer these questions:

1. In which areas of my life am I most in control?

2. In which areas am I most satisfied or content?

3. In which areas am I struggling?

4. Are there any areas where I feel unfulfilled?

SET #3: GOALS

Now that you have evaluated and reflected on aspects of your lifestyle, the final step will be to establish some realistic goals. Develop goals that will help you achieve balance and align your actions with your values.

1. What are some key areas in my life that I want to improve? (e.g. health, finances, professional development, home life, social life, spiritual life)

2. What are several of my short-term goals?

- a. Where do I want to be in 1 month?

In 3 months?

In 6 months?

b. What do I have to do daily to get there?

c. What things do I want to work on now?

3. What are my long-term goals?

4. How do my goals reflect my values? (Before answering, refer back to the section on Spiritual Life/ Sense of Well-Being on page 5.)

5. What changes do I need to make in order to live according to my values?

Survey Source:

This survey is taken from the book **The Disorganized Mind** by Nancy Ratey. I have made several changes to its original format for the purposes of this class. If you would like more information about the book, you can go to the website <http://www.thedisorganizedmind.com>.