



Goal Questionnaire

Rate each of these areas as to how you agree or disagree with them:

Strongly Disagree Disagree Neutral Agree Strongly Agree
1 2 3 4 5

Personal Score

1. *Relationship with God or Higher Spirit* - You are connected to a higher power or spiritual source that nurtures you mentally and emotionally. _____

2. *Relationship with Self* - You enjoy what you do each day and are a relatively happy, satisfied person. _____

3. *Relationship with Significant Other* - You have an intimate personal relationship with someone special who supports you physically, mentally, and emotionally. _____

4. *Relationship with Family* - You are a contributing and supportive member of a family unit. _____

5. *Relationship with Friends* - You have at least one close friend you can confide in and socialize with on a regular basis. _____

Total _____

Professional

1. *Work* - You are satisfied with the work you do – whether paid or volunteer - and with its level of responsibilities. _____

2. *Compensation* - You are satisfied with the compensation you receive for the work you do. _____

3. *Passion* - You feel that the work you perform utilizes your unique talents, passions, and gifts. _____

4. *Financial* - You are able to adequately pay your bills each month and save for expected and unexpected future expenditures. _____

5. *Contribution* - You believe that the work you do contributes to society in some way and offers you a sense of well-being. _____

Total _____

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Rate each of these areas as to how you agree with them:

Strongly Disagree Disagree Neutral Agree Strongly Agree
 1 2 3 4 5

Physical	Score
1. <i>Eating</i> - You eat healthy, nutritious meals on a regular basis.	_____
2. <i>Fitness</i> - You incorporate some form of physical exercise or activity at least three times a week (including walking, weight training, biking, martial arts, yoga, etc.).	_____
3. <i>Weight</i> - You are within 10 -15 pounds of your optimum, healthy weight – what’s right for you.	_____
4. <i>Health Issues</i> - You are relatively healthy with no significant health issues that you’re dealing with on a regular basis.	_____
5. <i>Unhealthy Habits</i> - You refrain from smoking and do not abuse alcohol or other types of drugs.	_____
Total	_____



Directions: Score each of the statements from 1 to 5 with 1 being Strongly Disagree and 5 being Strongly Agree. Then add up the score for each category and jot that number on the total line. Then plot that score on the triangle for each category as indicated and connect the dots. The triangle you make will point to the type of goals you need to work on the most. (In this diagram, my professional goals are needed most and the individual statements will provide an idea of what to work on first.)