



# **WORKSHEETS**

## ***Part 1 of 2***

## WHAT I WANT

*Write down 3 things you would like to achieve over the next year in each of the 3 primary areas of your life.*

*(Don't forget Recreation, Free Time, Personal Goals, Contribution, and Legacy)*

### HEALTH / FITNESS

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*Important areas of HEALTH / FITNESS for me:*

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### RELATIONSHIPS / HAPPINESS

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*Important areas of RELATIONSHIPS / HAPPINESS for me:*

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### CAREER / FINANCE

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*Important areas of CAREER / FINANCE for me:*

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## WHAT *Maryanne* WANTS

Write down 3 things you would like to achieve over the next year in each of the 3 primary areas of your life.

(Don't forget Recreation, Free Time, Personal Goals, Contribution, and Legacy)

### HEALTH / FITNESS

*Get myself in better condition for the long term*

\_\_\_\_\_

Important areas of HEALTH / FITNESS for me:

*Mental: No more Negatives!*

*Physical: Lots more Walks!*

*Spiritual: Thank God every day for the little things!*

### RELATIONSHIPS / HAPPINESS

*I want an old Jeep so I can drive in the snow*

\_\_\_\_\_

Important areas of RELATIONSHIPS / HAPPINESS for me:

*Family always comes First!*

*Being outdoors keeps me grounded*

*Quiet time helps clear out the cobwebs*

### CAREER / FINANCE

*I want to make a difference so my granddaughters  
can see that they don't have to "settle" for a  
career they don't love*

Important areas of CAREER / FINANCE for me:

*Enough income so I can pay my bills but not so  
much stress that I can't relax or play with my  
granddaughters*



## MY S-M-A-R-T GOALS

**SPECIFIC – MEASURABLE – ATTAINABLE – REALISTIC – TIMELY**

*Build SMART goals for 3 things you want to achieve in each of the 3 areas of your life:*

### HEALTH / FITNESS

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*I want this because:*

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### RELATIONSHIPS / HAPPINESS

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*I want this because:*

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### CAREER / FINANCE

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*I want this because:*

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# Maryanne's S-M-A-R-T GOALS

**SPECIFIC – MEASURABLE – ATTAINABLE – REALISTIC – TIMELY**

Build SMART goals for 3 things you want to achieve in each of the 3 areas of your life:

## HEALTH / FITNESS

I will weigh 135 lbs at 8 a.m. on June 1, 2016.

\_\_\_\_\_

*I want this because:*

I want to be healthy enough to watch my grand-daughters grow up.

\_\_\_\_\_

## RELATIONSHIPS / HAPPINESS

I will spend one day of every weekend with my daughter and grandchildren, unless I'm out of town with APICS.

*I want this because:*

My family time is important to me.

\_\_\_\_\_

## CAREER / FINANCE

I will maintain my IDP credentials in 2017 by instructing all required classes, mentoring, and taking required IDP training

*I want this because:*

Teaching APICS courses is how I make my living and I love teaching!

\_\_\_\_\_



## SWOT ANALYSIS OF MY GOALS

GOAL: HEALTH / FITNESS	
<b>I N T E R N A L</b>	<b>STRENGTHS</b> _____ _____ _____
	<b>WEAKNESSES</b> _____ _____ _____
<b>E X T E R N A L</b>	<b>OPPORTUNITIES</b> _____ _____ _____
	<b>THREATS</b> _____ _____ _____
<div style="display: flex; justify-content: space-between;"> <span><b>POSITIVE</b></span> <span><b>NEGATIVE</b></span> </div>	

GOAL: RELATIONSHIPS / HAPPINESS	
<b>I N T E R N A L</b>	<b>STRENGTHS</b> _____ _____ _____
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## SWOT ANALYSIS OF MY GOALS

<b>GOAL: HEALTH / FITNESS</b>		
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## SWOT ANALYSIS OF *Maryanne's* GOALS

GOAL: HEALTH / FITNESS – <i>Maryanne</i> – Lose 20 lbs			
<b>I N T E R N A L</b>	<table border="1" style="width: 100%;"> <tr> <td style="background-color: #90EE90;"> <b>STRENGTHS</b>  <ul style="list-style-type: none"> <li>✓ Know about every diet plan</li> <li>✓ Do have will power</li> <li>✓ Value health</li> <li>✓ Like fruits and vegetables</li> </ul> </td> <td style="background-color: #FFD700;"> <b>WEAKNESSES</b>  <ul style="list-style-type: none"> <li>• Huge appetite, esp sweet tooth</li> <li>• Love to cook</li> <li>• Use food to soothe</li> <li>• Binge-eat when tired / stressed</li> </ul> </td> </tr> </table>	<b>STRENGTHS</b> <ul style="list-style-type: none"> <li>✓ Know about every diet plan</li> <li>✓ Do have will power</li> <li>✓ Value health</li> <li>✓ Like fruits and vegetables</li> </ul>	<b>WEAKNESSES</b> <ul style="list-style-type: none"> <li>• Huge appetite, esp sweet tooth</li> <li>• Love to cook</li> <li>• Use food to soothe</li> <li>• Binge-eat when tired / stressed</li> </ul>
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## GRATITUDE AEROBICS

- 1) Number of days in the last year with a roof over my head \_\_\_\_\_
- 2) Number of nights that I've slept in a warm, comfortable bed \_\_\_\_\_
- 3) Number of meals I've eaten this week \_\_\_\_\_
- 4) Number of times this week I was able to afford a small treat \_\_\_\_\_

***On a scale of 1- 5, answer the questions below:***

- 5) Value of my health, my hearing, my eyesight \_\_\_\_\_
- 6) Value of my family, my friends, and my pets \_\_\_\_\_
- 7) Value of living in a free country \_\_\_\_\_
- 8) Value of doing work I enjoy and find meaningful \_\_\_\_\_
- 9) Value of my own mind \_\_\_\_\_
- 10) Number of opportunities before me \_\_\_\_\_

