

# Future Plans and Goals

Do you have goals relating to education?

Do you have goals relating to career?

Do you have goals relating to money?

Do you have goals relating to family and relationships?

Do you have goals relating to health and fitness?

What are your most important goals at the moment?

Which goals are short term and which are longer term?

Are your goals 'SMART' (specific, measurable, attainable, relevant and time-bound)?

How can you achieve your goals?

Where do you plan to be and what do you plan to be doing one year from now?

Where do you plan to be and what do you plan to be doing five years from now?

Where do you plan to be and what do you plan to be doing ten years from now?

Do you make New Year's resolutions each year?

What were your New Year's resolutions this year? Have you kept them?

When you make a plan do you usually stick to it?

What is on your bucket list?