

# Home

List one goal that could help improve your family life. (i.e. offer to help your sibling with homework, do someone else's chore, not complain, etc.)

Deadline:

I achieved my goal!!

Goal 1: \_\_\_\_\_

Goal 2: \_\_\_\_\_

Goal 3: \_\_\_\_\_

Goal 4: \_\_\_\_\_

# Spirituality

List one goal related to spirituality — (i.e. read the Book of Mormon daily, pray more, fast with a purpose, etc.)

Deadline:

# Physical

## Appearance

List one goal related to your physical appearance. (i.e. strive to be modest, exercise, eat right, etc.)

Deadline:

# My Goals

*"The trouble with not having a goal, is that you can spend your life running up and down the field and never cross the goal line." Thomas S. Monson*



List four goals... one on each page. Set a deadline and work to achieve it!

# Education

List one goal related to school - (i.e. set up a study group, ask more questions in class, do optional homework assignments, etc.)

Deadline: