

# MY LIFE PILLARS GOAL SETTING TEMPLATE

## Step 1: Identify and Rank Your Life Pillars

Select 4-5 areas that matter most to you right now

LIFE PILLAR	RANK (1-5)	CURRENT STATUS	Goal 1	Goal 2
Health & Wellbeing	—	<input type="checkbox"/> Clear goals <input type="checkbox"/> No clear goals		
Relationships	—	<input type="checkbox"/> Clear goals <input type="checkbox"/> No clear goals		
Career & Work	—	<input type="checkbox"/> Clear goals <input type="checkbox"/> No clear goals		
Finances	—	<input type="checkbox"/> Clear goals <input type="checkbox"/> No clear goals		
Personal Growth	—	<input type="checkbox"/> Clear goals <input type="checkbox"/> No clear goals		
Community & Contribution	—	<input type="checkbox"/> Clear goals <input type="checkbox"/> No clear goals		
Other: ____	—	<input type="checkbox"/> Clear goals <input type="checkbox"/> No clear goals		

## Step 2: Balance Check

REFLECTION POINT	YOUR ANSWER
Area where I'm over-focusing:	
Area where I'm under-focusing:	
One insight/surprise from this exercise:	

## Step 3: Reflection Questions

- Do your current goals align with your highest priorities?
- What adjustments do you need to make to bring better balance?

Remember: Focus on fewer, more meaningful goals rather than trying to do everything.