

Long-Term Goals (Exercise 3.1)

Directions: Use this exercise to think about and write down your long-term goals. They could include career, education, financial or personal goals. You may not have goals in each area.

Areas	My Long-Term Goals
Career	1. 2. 3.
Education	1. 2. 3.
Finances	1. 2. 3.
Personal	1. 2. 3.