

WORKSHEET 9.4: GOALS TO WORK ON FOR THE NEXT SIX MONTHS THAT WILL EXPAND THE AREAS OF MY LIFE THAT CONTRIBUTE TO MY SELF-WORTH (1)

<i>Life area 1</i>	
The changes I want to make are:	
The most important reasons I want to make these changes are:	
The steps I plan to take are:	
I will know that my plan is working if:	
Things that might interfere with my plan and how I will overcome them are:	
<i>Life area 2</i>	
The changes I want to make are:	
The most important reasons I want to make these changes are:	
The steps I plan to take are:	
I will know that my plan is working if:	
Things that might interfere with my plan and how I will overcome them are:	

WORKSHEET 9.4: GOALS TO WORK ON FOR THE NEXT SIX MONTHS THAT WILL EXPAND THE AREAS OF MY LIFE THAT CONTRIBUTE TO MY SELF-WORTH (2)

<i>Life area 3</i>	
The changes I want to make are:	
The most important reasons I want to make these changes are:	
The steps I plan to take are:	
I will know that my plan is working if:	
Things that might interfere with my plan and how I will overcome them are:	
<i>Life area 4</i>	
The changes I want to make are:	
The most important reasons I want to make these changes are:	
The steps I plan to take are:	
I will know that my plan is working if:	
Things that might interfere with my plan and how I will overcome them are:	