Calm Parent Sample Goals Chart

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| **Goals for [Name]**  **[Month/Year]** | **Personal and Relationship Goals** | **Health & Wellness Goals** | **Professional Goals and Volunteer** |
| **1 year**  **[Month/Year]** | * Relationship status regarding a partner * Kid status * Status of a   relationship  with friend or family member and time to spend with them   * Travel * Major purchases | * Nutritional goals * Type of exercise and frequency * Target dress size or weight * Level of enlightenment | * Name or type of company and role * Compensation * Name or type of   organization to  become involved  with and function |
| **3 years**  **[Month/Year]** | * [♥] | * [♥] | * [♥] |
| **5 years**  **[Month/Year]** | * [♥] | * [♥] | * [♥] |
| **Vision for My Life** | * Describe the life of your dreams! | | |