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 tobecome involvedwith and function |
| **3 years****[Month/Year]** | * [♥]
 | * [♥]
 | * [♥]
 |
| **5 years****[Month/Year]** | * [♥]
 | * [♥]
 | * [♥]
 |
| **Vision for My Life** | * Describe the life of your dreams!
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