

Personal Goal Designing Categories

Health

- Is your weight within 10% of your target?*
- Are you managing your energy, BMI, blood pressure and cholesterol?*
- Do you have a regular fitness regimen you practice most weeks of the year?*

Key Measures: weight, BMI, blood pressure, triglycerides, cholesterol, resting heart rate, recovery time, flexibility, strength, annual physicals/screenings.

Family

- Do you have 1-1 'date' time with your spouse most weeks of the year? 1-1 time with kids?*
- Does your family practice daily, weekly or monthly rituals (family day, game night, dinners out)?*
- Do you have weekly and annual recreation time as a family?*

Key Measures: Number of weeks with date nights, number of family dinners/week, quality & quantity of vacations, new/continuing family rituals, time with parents & siblings.

Growth & Development

- Do you read for personal enjoyment and/or professional growth each week?*
- Do you attend professional training at least once a year?*
- Have you learned something new or taken up a new activity in the last year?*

Key Measures: Number of books read, classes or workshops attended, awards and recognition within company and community, new areas of interest/hobbies.

Social & Spiritual

- Do you get together on a monthly basis with extended family or friends?*
- Do you participate in a regular group activity? Engage in religious services?*
- Are you satisfied with what you're giving back to the community?*

Key Measures: Time with friends and extended family, participation in non-work groups – sports, church, community, volunteer activities.

Recreation & Renewal

- Do you do something most days just for personal pleasure, relaxation or renewal?*
- Do you make time most weeks for recreational activities you enjoy?*
- Are you taking regular vacations where you disconnect from your day-to-day?*

Key Measures: Times each week you do something just for you to refresh/renew, outside your day-to-day demands, number of weeks you engage in a recreational activity of your choice, number of vacations each year.

Financial Security

- Do you have a plan to increase earnings/net worth?*
- Are you satisfied with your investments and debt?*
- Do you have updated retirement and estate plans in place?*

Key Measures: Increased net worth, diversification of assets, debt retirement, vacation or college fund, retirement/estate plan.