



Goal Post Checkpoint Worksheet

Recommended Goal Posts

Learn: *Life is not static. We either grow or decay. Work on skills or experiences that could be important in the future.*

Assessment (Circle rating, no "7")

Current State: 1 2 3 4 5 6 **X** 8 9 10

Target State: 1 2 3 4 5 6 **X** 8 9 10

What should I focus on now? _____

Create: *Make a mark on the world by creating something new. Whether it lasts or not, creation is a powerful human drive.*

Assessment (Circle rating, no "7")

Current State: 1 2 3 4 5 6 **X** 8 9 10

Target State: 1 2 3 4 5 6 **X** 8 9 10

What should I focus on now? _____

Build Strong Relationships: *We are wired to be social beings. Strong relationships are key to maintaining health and well being.*

Assessment (Circle rating, no "7")

Current State: 1 2 3 4 5 6 **X** 8 9 10

Target State: 1 2 3 4 5 6 **X** 8 9 10

What should I focus on now? _____

Have Fun & Amazing Experiences: *That's the essence of life. Enjoy it.*

Assessment (Circle rating, no "7")

Current State: 1 2 3 4 5 6 **X** 8 9 10

Target State: 1 2 3 4 5 6 **X** 8 9 10

What should I focus on now? _____

Contribute: *We are part of something bigger than ourselves and contributing back is a fulfilling ingredient of the puzzle*

Assessment (Circle rating, no "7")

Current State: 1 2 3 4 5 6 **X** 8 9 10

Target State: 1 2 3 4 5 6 **X** 8 9 10

What should I focus on now? _____
