**GOALS**

***Please list 3-5 personal and/or professional goals.***

|  |  |
| --- | --- |
| 1. |  |
| 2.  |  |
| 3.  |  |
| 4.  |  |
| 5.  |  |

**PRIORITIES**

*Image courtesy of Julie Welch, MD*

***Please list your top 3-5 priorities (in life – inside and outside of work).***

|  |  |
| --- | --- |
| 1. |  |
| 2.  |  |
| 3.  |  |
| 4.  |  |
| 5.  |  |

**Assessment**

1. **Do your goals align with your priorities and values?**
2. **How does the connection or disconnect between your priorities and your goals affect you?**
3. **Can you re-order or re-write your goals to better align with your priorities and values?**

***New and improved priority-driven goals!***

|  |  |
| --- | --- |
| 1. |  |
| 2.  |  |
| 3.  |  |
| 4.  |  |
| 5.  |  |