Long term objectives setting form

|  |  |  |  |
| --- | --- | --- | --- |
| Name |  | Decision date  | Target date |
| Service to others | (Family) & everyday | (Workplace) & everyday |
| Goals: | Best goal |  |
|  | Intermediate goal |  |
|  | Confident goal |  |
|  | Current goal |  |
| Milestone goal | Date 🡺 Date 🡺 Date |
| Four perspectiveson goals |  Society ⏐ Tangible   ⏐--------------------------------------------------------------------------------------------------------------------Others ⏐Intangible  ⏐ |
|  | Analysis of success  | Analysis of failures |
| Mental |  |  |
| Skills |  |  |
| Health |  |  |
| Living |  |  |
|  | Anticipated problems | Solutions |
| Mental |  |  |
| Skills |  |  |
| Health |  |  |
| Living |  |  |
| Routine actions in the order of importance | By When In order of occurrence |
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| Self talk |  |
| Improvement routines |  |
| Supporters for achieving goals |  |
| Contents of support for achieving goals |  |

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