Long term objectives setting form

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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  perspectives  on 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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