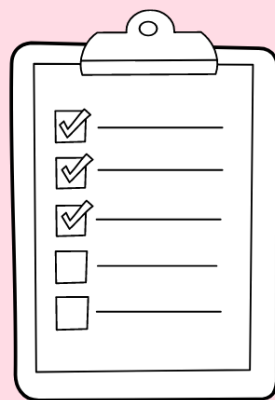


ENNEAGRAM + MARRIAGE

Life &

Relationship

Goals



My Life & Relationship Goals Worksheet

Why create daily life goals?

- It's a fun and insightful exercise to help you get to know yourself better and to learn more about the way you're wired.
- Life is busy. It's a great way for you to take time in reconnaissance and reflection, to look back and to see what you missed in the past or what you've learned.
- There is power in specifically being intentional to write your goals down and to be thoughtful about how you're living in the present.
- When we see a discrepancy in how we want to live and how we're living, we are empowered to make brave choices to live better for ourselves and others.
- Upon completion, bring this form to your next counseling or coaching visit!
- Next steps: Upon completion, consider how you can keep this as a memory and a life goals journey.

Inspired by Psalm 90:12 and research

Questions To Direct Your Daily Life Goals

I am the most content when:

I am the least worried when:

I am the most intellectually fulfilled when:

I am the least frustrated when:

I feel the most loved when:

I feel the most alive when:

Here's what I need to do to get organized each day:

Here's what I need to do to get the most work done on any given day:

Here's what I need to do to put away anxiety each day:

Here's what I need to do to show love to others each day:

Here's what I need to remember about replenishing my spouse and/or family:

Here's what I feel my purpose in life is:

Here's what I need to do to show myself love each day:

Here's what I need to live each day to the fullest:

The Choices/Changes I Need to Make in My Life Now To Live With Intention

