

Eternal Goals Worksheet 1

Choose the categories you believe have the greatest eternal implications in your life and write 1-2 things you would like to change or improve in those areas of your life.

FAMILY

PERSONAL DEVELOPMENT

COMPANIONSHIP /
INTIMATE RELATIONSHIPS

COMMUNITY SERVICE
CITIZENSHIP

FRIENDSHIPS

SPIRITUAL

FUN & RECREATION

BUSINESS / CAREER

HEALTH

FINANCES

Eternal Goals Worksheet 2

"In the end, it's not the years in your life that count. It's the life in your years." -Abraham Lincoln

What is your current age? _____

What age do you think you will die? _____

Between now and the age you have identified you think you are going to die,
List some specifics of what you hope each category you had previously identified will look like.

FAMILY: _____

FRIENDSHIPS: _____

FUN & RECREATION: _____

HEALTH: _____

PERSONAL DEVELOPMENT: _____

SPIRITUAL: _____

BUSINESS / CAREER: _____

FINANCES: _____

COMPANIONSHIP /
INTIMATE RELATIONSHIPS: _____

COMMUNITY SERVICE/
CITIZENSHIP: _____

Imagine you have 10 extra years added to your life. Using the categories you have previously selected, write down what you would do with your life during those extra years.

Category

What It Would Look Like

1. _____ : _____

2. _____ : _____

3. _____ : _____

4. _____ : _____

Eternal Goals Worksheet 3

Transfer the categories you identified you would focus on if you added extra years in your life to the top of each heading.

Next, write down what each of those categories would look like working backwards if they were going to look like you wanted them to when you reach the end of your life.

Finally, write down any fears that may keep you from living the way you have identified.

Category 1: _____

Category 1 Fears

25 years _____

10 years _____

1 year _____

6 mos. _____

Category 2: _____

Category 2 Fears

25 years _____

10 years _____

1 year _____

6 mos. _____

Category 3: _____

Category 3 Fears

25 years _____

10 years _____

1 year _____

6 mos. _____

Category 4: _____

Category 4 Fears

25 years _____

10 years _____

1 year _____

6 mos. _____
