



**Goal-Setting-Genie.com**  
**Lifetime Goal Setting Template**

**STEP 2**

Plan your life from 95 years old backward

Notice how you want your life to be in each area as you look back on it. What kind of experiences do you want? What do you want to have? Who do you want to be with?

**H&F**=Health & Fitness, **C&F**=Career & Finances, **R&F**=Relationships & Family, **SPD**=Spirituality/Personal Development

<b>AGE</b>	<b>H&amp;F</b>	<b>C&amp;F</b>	<b>R&amp;F</b>	<b>SPD</b>
95				
90				
85				
80				
75				
70				
65				
60				
55				
50				

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<b>AGE</b>	<b>H&amp;F</b>	<b>C&amp;F</b>	<b>R&amp;F</b>	<b>SPD</b>
45				
40				
35				
30				
25				
20				
15				